



Why staying tobacco-free matters before, during and after pregnancy

Quitting tobacco, including e-cigarettes and vapes, is one of the most important steps you can take to protect your and your baby's health.

BEFORE PREGNANCY

Quitting tobacco before conception gives your baby the best start.

DURING PREGNANCY

Quitting as early as possible provides the greatest benefits.

AFTER PREGNANCY

Staying tobacco-free helps your baby develop properly after birth.



Your baby will benefit from:

- Healthier brain development
- Lower risk of miscarriage and stillbirth
- Reduced chance of being born too early, before 37 weeks
- Less risk of being born too small, 5½ pounds or less
- Decreased risk of Sudden Infant Death Syndrome



Your child will benefit from lower risk of:

- Obesity
- Type 2 diabetes
- Nicotine addiction

It's never too late to quit. FDA-approved medications can help.

Talk to your health care provider before beginning any new medications, even over-the-counter ones, especially if you are pregnant or breastfeeding.

Get support from family, friends, health care providers and quit counselors.

QUITTING RESOURCES

- Ask your health care provider for help.
- Call **800-QUIT-NOW** for your state quitline.
- Text **EXPROGRAM** to 88709.
- Visit **Women.SmokeFree.Gov**.



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