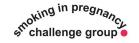
# ▲ The impact of smoking in pregnancy



Smoking harms babies before birth, during infancy and in childhood, impacting on life chances. Babies born to mothers who smoked in pregnancy are at increased risk of

#### **Antenatally**



Miscarriage



Placental abruption



Stillbirth



Birth defects

### Infancy



Prematurity



Low birth weight



Sudden unexpected death in infancy



Infections

#### Childhood



Chest and ear infections



Learning difficulties



**Asthma** 



**ADHD** 

#### Why smoking matters

- Smoking is especially harmful during pregnancy. It can cause stillbirth, premature birth and miscarriage.
- Quitting smoking completely is the most effective way to protect children from the harms of tobacco smoke.

#### What support is available

- There is lots of support available to help you quit smoking. Your midwife or healthcare professional should refer you to a stop smoking service where you can get free support to quit.
- Stop smoking services provide behavioural support along with access to nicotine replacement therapy (e.g. patches) and advice about vaping to help you with cravings.

#### **Smokefree environments**

If you're not able to quit smoking completely, you'll be given support and advice to keep
your home smokefree so you can protect your children and other family members from
secondhand smoke.

## For support to quit smoking call:

or search <a href="mailto:nhs.uk/smokefree">nhs.uk/smokefree</a> for information and advice on quitting