

▲ The impact of smoking in pregnancy

smoking in pregnancy
challenge group ●

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 **[nhs.uk/smokefree](https://www.nhs.uk/smokefree)** for information and advice on quitting