

The Dangers of Smoking During Pregnancy

If you smoke during pregnancy, your baby has a greater risk of:

- Low birth weight (below 5 lb 8 oz)
- Premature birth (3 or more weeks early)
- Delays in physical and cognitive development
- Sudden Infant Death Syndrome



Resources such as quit lines, counseling, and medical clinics are here to support you. There is no shame or judgment in seeking help.

