

SMOKING, DRINKING & DRUGS DURING PREGNANCY

If **YOU** smoke, **YOUR** baby smokes

Every cigarette you smoke you cause harm to your baby, because the oxygen supply to the baby is restricted.

Smoking can increase the risk of complications and affect the development of the child such as:-

Premature births
Stillbirths
Low birth weights
Respiratory conditions
Sudden Infant Death Syndrome (SIDS)

*PERCEIVE THE
WITHDRAWAL
PERIOD AS
SOMETHING
POSITIVE. IT IS A
SIGN YOUR BODY IS
RECOVERING.*

ACTION PLAN

1. Write down advantages and disadvantages of exposing yourself and your baby to such things. Keep this paper always handy.

2. Try to find out what are the triggers and try to change such habits into more positive ones.

3. Get help

Tobacco use:

Tobacco cessation service 80073333

Alcohol & Drug use:

Apogg 179

Caritas 21331000

SEDQA 2219 9000

