

21.6cm

Congratulations

*You're having a baby!
Congratulations on having a beautiful
new life growing inside you! We want
you and your baby to be strong and
healthy so we want to let you know a
few important things about cigarette
smoke and how it can effect your baby
and pregnancy.*

IF YOU SMOKE WHILE PREGNANT BABY SMOKES TOO

*The umbilical cord provides all the blood,
oxygen and nutrients which help your
baby grow.*

*Every puff of cigarette smoke effects
your baby straight away.
The chemicals from the smoke get into
your bloodstream and travel to the
baby through the placenta and
umbilical cord.*

ANY EXPOSURE TO SMOKE WHILE PREGNANT AFFECTS YOU AND BABY

*Mainstream smoke is that which comes
from a cigarette that the smoker inhales.
second-hand smoke comes from the end
of a lit cigarette or exhaled by the smoker.
Third hand smoke is that which is
once the smoke settles on clothes, hair,
items etc.*

Development of Baby

Brain and Spinal Cord
Weeks 3 to full term

Ears
Week 4 to 20

Upper Limbs
Week 4 to 9

Lower Limbs
Week 7 to 9

External Genitalia
Week 3 to full term

Eyes
Week 4 to full term

Teeth
Week 6 to full term

Heart
Week 3 to 9

SMOKING IN PREGNANCY IS ONE OF THE MAIN CAUSES OF STILL BIRTH

Smoking while pregnant: increases the risk
of Miscarriage, Still Birth and Premature
Birth because the chemicals in smokes
reduces the oxygen supply to baby.

CIGARETTE SMOKE DAMAGES BABY'S DEVELOPING BRAIN AND LUNGS

Smoking can have a lifelong impact on your
baby an their developing body. An unborn
baby exposed to smoke is more likely to
suffer from health issues, defects or issues
with their lungs and brain.

Mothers who smoke are also more likely to
experience complications before, during and
after the birth of a baby and may experience
issues in future pregnancies.

THERAPY CAN HELP YOU AND BABY BE SMOKE FREE

NRT exposes the baby to much lower levels
of nicotine than coninued smoking and
does not contain any of the other harmful
chemicals in cigarette smoke. In Addition,
NRT has been shown to reduce smoking in
pregnant womaen sufficiently to increase
birth weight.

30.3cm