

Tobacco Free Babies

Create A Better Future
Georgia Tobacco Quit Line
1-877-270-STOP(7867)
TOLL FREE

~Mark Twain

*"Plan for the future, because that is where you are
going to spend the rest of your life."*

Tobacco Free Babies



The Right to Breathe

How Tobacco Use Can Harm You and Your Baby

Mothers who smoke while they are pregnant are more likely to give birth to a premature baby than mothers who don't.

Women who smoke are more likely to experience difficulties conceiving than women who don't.

Women who smoke during pregnancy are more likely to miscarry than women who don't.

Babies exposed to parental smoking suffer more from diseases such as bronchitis and ear infection than babies whose parents don't.

Babies of smoking mothers are more likely to be born smaller than babies of non-smoking mothers.

There is thought to be a link between prenatal smoking and Sudden Infant Death Syndrome (SIDS).

Children of smokers are more likely to be shorter than children of non-smokers. They are also more likely to have hearing difficulties, which could affect their ability to speak and read. They may also have difficulties staying focused, which may lead to behavioral problems.

Adolescents whose mothers smoked during pregnancy are at higher risk for drug abuse than those whose mothers did not smoke.

Cessation Can Be Challenging, But You Don't Have To Do This Alone

Resources That Can Help You and Your Baby to Be Tobacco Free:

GEORGIA TOBACCO QUIT LINE

1-877-270-STOP(7867) toll free

offers free counseling and support to Georgia residents.

NICOTINE REPLACEMENT TREATMENT

a variety of cessation products such as lozenges, gums and patches are available at pharmacies.

For additional free resources in Gwinnett County call
Gwinnett Coalition for Health and Human Services

HELPLINE (770) 995 - 3339

INTERNET RESOURCES:

www.helppregnantsmokersquit.org

The National Partnership for Smoke-Free Families provides information for those who want to quit smoking.

www.smokefree.gov

Provides tips for successful cessation.

www.smoking-cessation.org

Provides information about smoking cessation.