



WE CAN HELP

Quitting smoking is one of the best things you can do to improve your health and protect the health of your baby. And you don't have to do it alone.

Call the New Brunswick Lung Association Lung Health Information Line at 1-800-565-LUNG (5864) to order Journey 2 Quit: A Workbook to Help You Quit Smoking or to talk to a certified Respiratory Educator about quitting. Your health-care provider can also tell you about non-prescription and prescription products to help you quit.

You can also email your questions or requests to info@nb.lung.ca or visit the website at www.nb.lung.ca

B R E A T H E
the lung association

65 Brunswick St., Fredericton, NB
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B R E A T H I N G
F O R T W O

Smoking and Pregnancy



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BREATHING FOR TWO!

While you are pregnant, your unborn baby depends on you for everything. Every breath you take is your baby's too.

When you quit smoking, you avoid exposing your unborn baby to many harmful toxins, including carbon monoxide



When you quit, benefits include:

- Lower risk of premature birth
- Lower risk of your child developing asthma, colds, and ear infections.
- Lower likelihood of Sudden Infant Death Syndrome (SIDS)
- Increased oxygen to both you and your baby
- Increased chance of your baby having a healthy birth weight

WHEN YOUR BABY IS BORN

Babies have little lungs and very small airways. Breathing second-hand smoke causes those tiny airways to get even smaller and breathing can be blocked or impaired. Babies and young children also breathe much faster than adults. Therefore, they inhale more air - and more second-hand smoke - than an adult



REDUCE THE RISKS

Keep your home and car smoke free. Avoid homes or vehicles where smoking is allowed - second-hand smoke is one of the most harmful indoor air pollutants and can remain long after the cigarette is put out. Plus, toxins can linger in what is called "third-hand smoke", the built-up residue of tobacco and other particles on floors, walls, curtains and furnishings.

MAKE A PLAN FOR QUITTING

Quitting smoking is the best gift you can give yourself and your new baby. It's not easy, but you can do it.

- List your reasons for quitting
- Understand what triggers you to smoke, and make a plan to avoid them
- Build a support network
- Set a quit date

If you do have a setback, remember practice makes perfect. Get back on track as soon as you can.