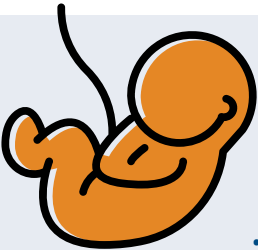


MATERNAL HEALTH

Smoke is Smoke – whether it's a cigarette or electronic vapor product,
it's not harmless and it's not healthy!



SMOKING DURING PREGNANCY

- Causes **tissue damage** in the unborn baby's lungs and brain.
- May cause the baby to be born with a **cleft lip**.
- Carbon Monoxide from tobacco smoke can **keep the baby from getting enough oxygen**.
- May cause the baby to be **born prematurely**.

EFFECTS OF SMOKING ON BREASTFEEDING

- Nicotine & other chemicals found in tobacco can **pass from mom to baby through breastmilk**.
- **Decreases a mom's supply** of breastmilk.
 - Can cause a baby to have **colic**.
- Smoking moms tend to have their **babies wean earlier** than moms who do not smoke.

SECONDHAND SMOKE EXPOSURE & PREGNANCY

There is NO SAFE LEVEL of secondhand smoke!

- Moms who smoke are more likely to **deliver their babies early**.
- 1 in 5 babies born to moms who smoke during pregnancy have **low birth weights**.
- Mothers who smoke while pregnant or babies exposed to secondhand smoke after birth are **more likely to die from Sudden Infant Death Syndrome (SIDS)**.
- Babies can develop **asthma, bronchitis, and ear infections**.

MARIJUANA USE & PREGNANCY

- THC & other chemicals found in marijuana can **pass from the mom to the baby through breastmilk**.
- Moms using marijuana can cause their babies to have **behavior, memory & attention problems** later in life.
 - Causes **low birth weight**.
- Causes **abnormal neurological development** in babies.

