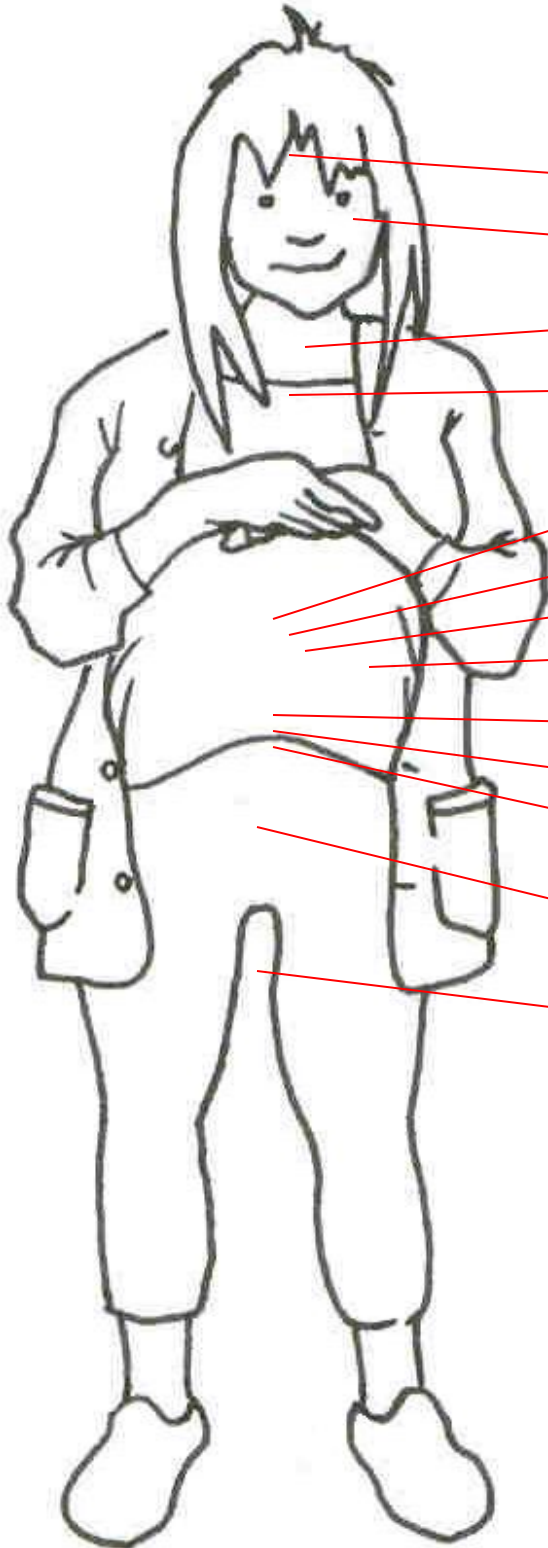


SMOKING IN PREGNANCY

EFFECTS OF SMOKING IN PREGNANCY



Headaches

Dizziness

Nausea

Increased Morning Sickness

Miscarriage

Premature Birth

Fetal Malformation

Slower Fetal Growth

Placenta Separation

Low Lying Placenta

Reduced Blood Supply to Fetus

Stillbirth

Bleeding

Also..

Asthma

Cot death

Low birth weight

Behaviour problems

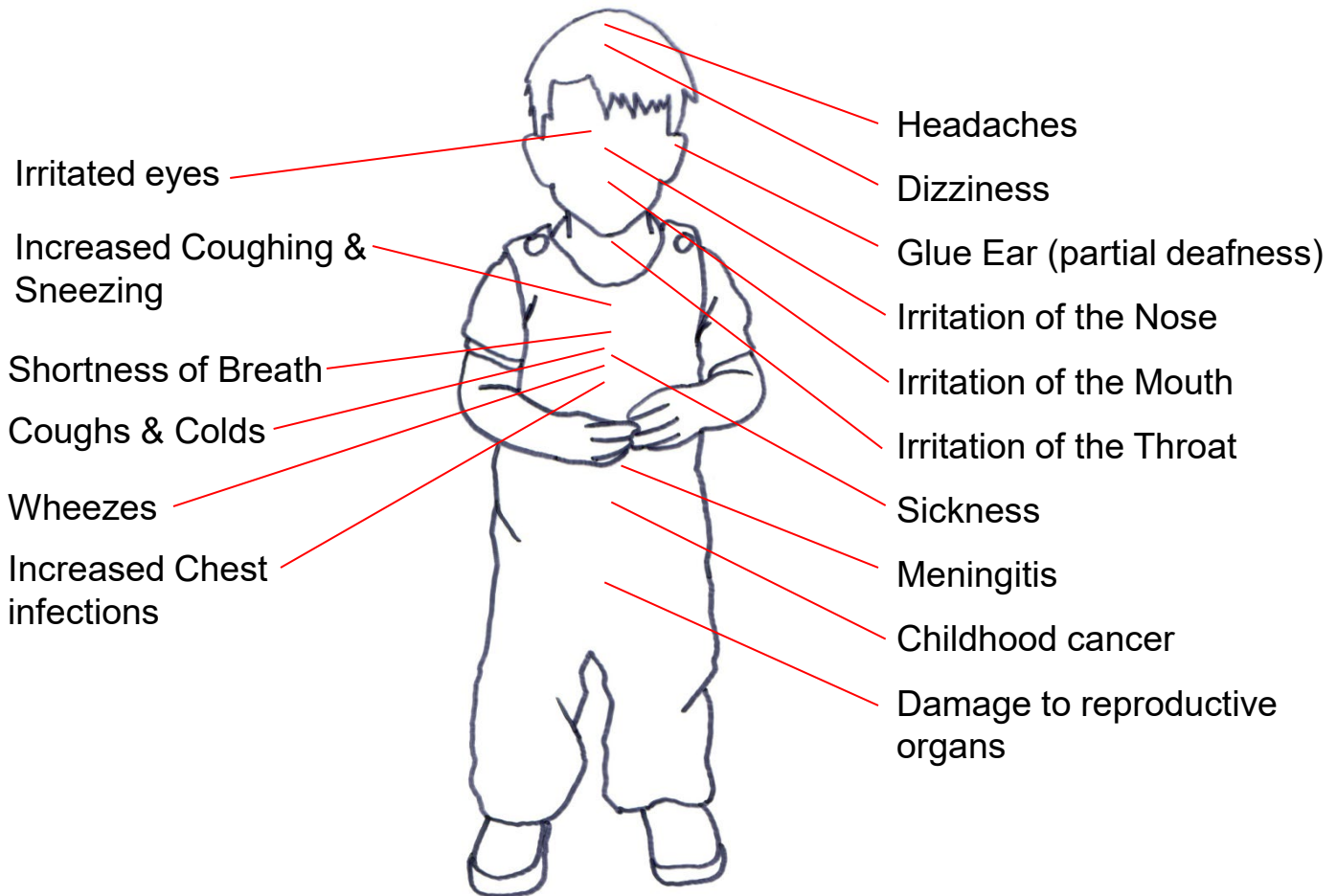
Reduced milk supply

Reduced milk quality

IT IS NEVER TOO LATE TO STOP

HOW SMOKING CAN AFFECT YOUR CHILD

Nearly $\frac{1}{3}$ the children in Plymouth live in homes where one or more people smoke



Also...

Low birth weight, smaller and lighter as children

Behaviour problems

Child may become a smoker

Off sick from school more often

More hospital care needed in 1st year of life

Money can be spent on food, clothes and other essentials instead of tobacco

Less likely to be breastfed and will breast feed for a shorter time

Mother produces less milk and of poorer quality