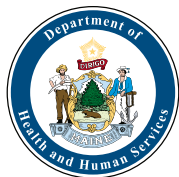


# LET'S QUIT SMOKING AND BREATHE EASIER TOGETHER!

Free support is also available after your baby is born, even if you've connected before.

MAINE  
**QUITLINK**.com  
1-800-QUIT-NOW



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.



## QUIT SMOKING TODAY TO HAVE A HEALTHIER FUTURE WITH YOUR BABY.

Free help is available without stigma or judgment.

MAINE  
**QUITLINK**  
1-800-QUIT-NOW



# SMOKING AFFECTS YOUR PREGNANCY AND YOUR BABY

Smoking during pregnancy –

## MAY CAUSE YOU TO:

- give birth too early
- have a baby with a low, unhealthy birth weight
- have a miscarriage or stillbirth
- have complications with the placenta, the organ that helps your baby grow and develop

## MAY CAUSE YOUR BABY TO:

- cry and scream more often
- have more trouble sleeping, which means you'll have trouble sleeping
- develop asthma, more colds, coughs, and ear infections
- die from Sudden Infant Death Syndrome (SIDS)
- be born with birth defects, such as cleft lip and cleft palate

## MAY LATER CAUSE YOUR CHILD TO:

- have increased behavioral problems, such as aggression and anxiety
- develop Attention Deficit Hyperactivity Disorder (ADHD)
- have poor reading and math skills
- use tobacco themselves



# YOU CAN QUIT. HERE'S HOW.

## GET SUPPORT

Tell your doctor, family, and friends you're quitting and find out how they can help.

## HELP IS FREE

The Maine QuitLink provides encouragement, compassion, and is totally confidential. You'll receive positive, supportive help over the phone or online. Ask your doctor for a referral, visit [MaineQuitLink.com](https://MaineQuitLink.com) or call **1-800-QUIT-NOW** today.