

Help your baby get a healthier start in life **DON'T SMOKE**

For your baby

- Your baby will grow stronger because he or she will get more oxygen and nourishment
- It increases the chances of your baby being born at a healthy birth weight
- Your baby will not be exposed to the 4000 dangerous chemicals in cigarettes
- Your baby will have stronger lungs
- Smoking may increase the chances of your baby having learning problems

For Yourself

- You will get more oxygen so you will have more energy and breathe easier
- You will have a healthier pregnancy
- Your pregnancy may be easier
- You can reduce your chances of miscarriage or still birth
- Food will smell and taste better
- You will save money that you can put towards a special treat for yourself or for the arrival of your baby

What can you do?

Talk to your prenatal healthcare provider about quitting. They will support you and give you a lot of helpful information.

- If you can't quit, cut back as much as you can. Don't get discouraged, keep trying. It's hard, but remember, you are doing this for yourself and your baby.
- Pregnant women should try to avoid other people's smoke. Regular exposure to secondhand smoke may harm you and your baby.
- Quitting smoking and need support?

Please call:

Women's Health Clinic 947-1517

Wellness Clinic 632-3927

Youville Clinic 255-4840

**Outside of Winnipeg call toll-free
1-888-262-5864**

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140.

If you live in a First Nation community, call 983-4199 and ask about federal programs.



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