

Pregnant or a New Parent?



Smoking and Pregnancy

The benefits of not smoking during pregnancy

For your baby

- More oxygen and nourishment will mean your baby will grow stronger.
- Increased chances your baby will be born at a healthy birth weight.
- Your baby will not be exposed to the over 4000 dangerous chemicals in cigarettes.
- Your baby will have stronger lungs.
- Decreased chance of your baby having learning problems.

For you

- More oxygen will mean you'll have more energy and breathe easier.
- Increased chances you'll have a healthier pregnancy and easier delivery.
- Decreased chances of miscarriage or still birth.
- Your food will smell and taste better.
- More money to spend on special treats for you and 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.
- Try to reduce the amount you smoke. Cutting down will help you and your baby to be healthier. It's hard, keep trying!
- Avoid second-hand smoke. Regular exposure may harm you and your baby.



For support call:

Manitoba Lung Association

204-774-5501 (in Winnipeg)

1-888-566-5864 (toll free)

Smoker's Help Line

1-877-513-5333 (toll free)

Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.