

Every time  
you   
your   
smokes too.

Everything changes when you're pregnant. Now is the time to quit.

**If you stop smoking or cut down, your baby will more likely:**

- + Be born at a healthy weight
- + Be easier to calm when crying
- + Have stronger lungs and less ear pain

**Ready to change?**

- + Plan a date to quit smoking and work toward it.
- + Ask for help. Tell your friends, family, and doctor about your plan to stop smoking.
- + Throw away all cigarettes, ashtrays, and lighters.
- + Plan how you will deal with stress—listen to music, take a walk, or talk to a friend who doesn't smoke.
- + Reward yourself. Put a quarter in a jar for every cigarette you skip. Use the money to treat yourself.
- + Not ready to quit? Try skipping 3 or 4 cigarettes a day.

Babies who breathe in smoke  
are more likely to die during sleep.  
Make your home smoke-free.



### **What if I do not really smoke that much?**

Any smoke hurts you and your baby. If you can't quit now, cut back on how much you smoke each day.

### **What about e-cigarettes?**

E-cigarettes have nicotine and other chemicals that harm your baby.

### **I smoked when I was pregnant before, and everything was fine.**

Every baby is different. Why take the chance?

### **What about weed?**

All types of smoke can hurt your baby.

### **I have already smoked during this pregnancy. Is it too late to quit now?**

It is never too late to stop smoking. Your baby will get more oxygen and grow stronger with each day you do not smoke. You'll feel better, too!

### **Maryland Tobacco Quitline**

Call **1-800-QUIT-NOW** or **1-800-784-8669**

[www.smokingstopshere.com](http://www.smokingstopshere.com)

You can earn gift cards for calling the Quitline while you are pregnant and after your baby is born.

### **Moms Clubs**

Talk to other pregnant moms about dealing with stress. Find out more at [healthybabiesbaltimore.com/moms-clubs](http://healthybabiesbaltimore.com/moms-clubs)

### **Mental Health & Substance Use HelpLine**

Call **410-433-5175** to get information and appointments. Open 24/7.

### **Smoking Cessation Classes**

Email [casey.thomasson@baltimorecity.gov](mailto:casey.thomasson@baltimorecity.gov) to find a smoking support class near you.

**B'more for Healthy Babies** is an innovative effort to reduce infant mortality in Baltimore City. It is sponsored by the Office of Mayor Catherine E. Pugh, Baltimore City Health Department, The Family League of Baltimore, HealthCare Access Maryland, and CareFirst BlueCross BlueShield.

**B'more for  
Healthy Babies.**  
*Every baby counts on you*