PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Quitting Smoking for You and Your Baby

Benefits to baby:

- Your baby will likely be born at the right time.
- You and your baby will likely go home at the same time.
- Your baby will cough and cry less.
- Your baby will have fewer colds and ear infections.

Benefits to you:

- You will feel better and breathe easier.
- Your skin, teeth, and nails will not be stained yellow.
- You will have less wrinkles
- You will save money.

Making a change like reducing or quitting smoking is difficult. We want to help!

Fast facts:

- Smoking may affect your ability to get pregnant.
- Smoking during pregnancy increased the risk of miscarriage, still birth, premature or early delivery, and infants born with low birth weight.
- Sudden Infant Death Syndrome (SIDS) occurs two times more often among babies of smoking mothers.
- Environmental smoke causes wheezing, coughing, colds, earaches, and asthma attacks – Your baby could be at risk.