



Smoking in Pregnancy

Maternal smoking is said to be the largest cause of preventable neonatal and infant ill health and death in the UK.

The Foundation for Sudden Infant Death, suggests that 60% of cot deaths are due to either smoking during pregnancy or exposure to secondhand smoke.

If you smoke, or are exposed to second hand smoke during your pregnancy, it means that your baby will share chemicals from the smoke you breathe.

These chemicals could restrict oxygen levels essential for baby's healthy growth and development.

Risks to Mum

- Miscarriage
- Bleeding
- Nausea

Risks to baby

- Slow foetal growth
- Premature birth
- Still birth
- Low birth weight
- Cot Death
- Breathing problems in first 6 months of life.