



# BABY STEPS

## It's Never Too Late to Quit!

Would you give your baby a cigarette? Of course you wouldn't. You know that sort of thing is bad for babies. But did you know that every time a pregnant woman smokes, or drinks, or does drugs, including marijuana, so does her baby.

### This can cause problems like:

- Miscarriage (when the baby dies during pregnancy)
- Smaller, sicker baby
- Premature birth (when the baby is born too soon)
- Birth defects, like missing fingers or toes
- Learning problems
- Sometimes even death

### IF YOU SMOKE

- Throw away your cigarettes.
- E-cigarettes are not safe for baby either.
- When you feel like a smoke, chew gum, eat carrot sticks, or chew a pen (it's better than a cigarette).
- Drink lots of water.
- Keep busy planning for your baby's arrival.
- Put aside all the money you save by not buying cigarettes, and buy yourself something special.
- Ask your doctor for help quitting.  
You may be prescribed a nicotine patch.



It is not  
too late for  
you to quit!

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## IF YOU SMOKE

Would you like help quitting?  
Call the California Smokers' Helpline at  
**1-800-662-8887**  
[www.nobutts.org](http://www.nobutts.org)

## IF YOU DRINK ALCOHOL

- Stay away from alcohol during your pregnancy. If you cannot stop, call Alcoholics Anonymous at **510-839-8900**.
- If your friends tell you to drink, tell them "No thanks. I want a healthy baby!" You could even say that drinking makes you feel sick – another great reason for a pregnant woman not to drink alcohol.



## IF YOU USE ILLEGAL DRUGS

You are having a baby. It is time to get clean, or your baby could be born addicted, or worse. Don't be scared to ask your doctor for help. Or you could call **1-800-491-9099**. There are special programs for moms.

Even drug store medicines that are okay for adults can be bad news for your baby. Check with your doctor or midwife before taking ANY medicines!

## TAKE CARE OF YOURSELF

- Hang out with people who support your decision to quit.
- Get help. You are not alone.
- Stay away from other people's smoke. It can harm you and your baby.

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