

# Smoking's effect on pregnancies and babies

- Women who smoke have more difficulty becoming pregnant, and a higher risk of never becoming pregnant
- Smoking during pregnancy can cause tissue damage in the unborn baby, particularly in the lung and brain.
- Studies suggest a relationship between tobacco and miscarriage. Carbon monoxide in tobacco smoke can keep the baby from getting enough oxygen.
- Mothers who smoke are more likely to deliver their babies early. Preterm delivery is a leading cause of death, disability, and disease among newborns.
- One in five babies born to mothers who smoke during pregnancy has a low birth weight.
- Mothers exposed to secondhand smoke are more likely to have lower birth weight babies.
- Babies whose mothers smoke are three times more likely to die from Sudden Infant Death Syndrome (SIDS).
- Babies whose mothers smoke while pregnant, or who are exposed to secondhand smoke after birth, have weaker lungs than other babies.



Source: [cdc.gov](https://www.cdc.gov)

# Quitting Tobacco For Two



- If you're an expectant mother who smokes, quitting tobacco (cigarettes or e-cigarettes) can help make sure that your baby has a healthy start in life. Start your path toward a smoke-free life by talking to your doctor. They can advise you of the risks of certain over-the-counter and prescription medications that might harm you or your baby.



- Know what makes you want to smoke – such as stressful situations, or boredom – and learn how to avoid those triggers. Expect withdrawal symptoms and be prepared to handle them.

*Source: smokefree.gov*



- Build a support system. Talk to your loved ones about your plan to quit smoking, and don't be afraid to ask for help. Sign up for SmokefreeMOM, a text service that gives 24/7 support to pregnant women, by texting MOM to 222888, or call 1-800-QUIT-NOW to speak to a smoking counselor.

# Ta ko renej walok n̄an kwe im nīnīn̄ eo ilo am b̄ororo ak kwoj k̄obat̄at

- Kōra ro rej k̄obat̄at eben lok aer b̄ororo ak remaroñ jab b̄ororo.
- K̄obat̄at ilo ien b̄ororo emaroñ k̄omman joreen ibben ajiri eo loan lojeen jinen, elaptata ilo ar ak k̄om̄alij eo an.
- Ekatok ko rej kwalok ke k̄obat̄at emaroñ k̄omman mej loje ak jibuñ. Carbon monoxide eo ilo jikka emaroñ kabañ an ajiri eo emenono iloan lojeen jinen.
- Rib̄ororo ro rej k̄obat̄at ekkā an m̄okaj lok aer kalotak. Wāwein in ej un eo kein kajuōn n̄an mej, utamwe ak nañinmej ibwiljin nīnīn̄ ko.
- Juōn ibwiljin lalem nīnīn̄ rej lotak tok im drik baun ko aer jen wōt an jiner k̄obat̄at.
- Rib̄ororo ro rej bed turin ro rej k̄obat̄at emaroñ lap lok an drik baun in ajiri ro nejjer.
- Nīnīn̄ ko rej lotak tok jen rib̄ororo ro rej k̄obat̄at, jilu kattōn an laplok aer maroñ jako ilo aer kiki (SIDS).
- Nīnīn̄ ko im jineer rekar k̄obat̄at ilo ak b̄ororo, ak rekar bed turin ri k̄obat̄at elikin aer lotak, emōjno lok ar ier jen nīnīn̄ ko jet.



Source: [cdc.gov](https://www.cdc.gov)

# Jolok Kōbataat n̄an Kwe Im Ajiri Eo



- N̄e kwe juōn ri bōroro eo ej kōbatat, am jolok kōbatat emaroñ jibañ kōmman bwe ajiri eo nejūm en ejmour ilo an rūtto tak. Jino bōk melele ibben taktō eo am ikijjien am jolok kōbatat. Remaroñ kwalok wūno ta ko rōkauwōtata im remaroñ jab emman n̄an komiro niñniñ ne nejūm.



- Lale ta ko rej kōmman am kōnan kōbatat – einwōt ilo ien inebata ak bed bajjōk – im bukōt kilen bwe kwōn jab lōmnaki wāwein kein. Kwomaroñ naaj eñjake am mōjno lok ilo am kajeoñ jolok kōbatat im kwoj aikuij bōjak n̄an am jela ta eo konej kōmane ilo ien rōt in.



- Bed ibben ro renaj jibañ eok. Kenaan ippāer ke kwoj kajeoñ jolok kōbatat, im jab mijak in kajitōk jibañ. Lelok etam n̄an SmokefreeMom, ej juōn brūookraam in text service eo im ej jibañ aolep awa n̄an kōra ro rebōroro, ilo am text e naan ne MOM n̄an 222888, n̄e jab call e 1-800-QUIT-NOW n̄an am kenono ibben juōn counselor eo ej jibañ ikijjien jolok kōbataat.

Source: [smokefree.gov](http://smokefree.gov)