

Smoking When Pregnant



Smoking is harmful throughout pregnancy. However by stopping, you and the baby will benefit immediately.

Women who smoke during pregnancy have:

- 25% higher chance of miscarriage
- 33% higher chance of still birth
- Increase risk of cot death
- Increase risk of premature birth
- Increase risk of baby having chest infections, asthma, recurrent ear infections and colds
- Increased risks of complications of pregnancy such as high blood pressure, intermittent bleeding and poor intrauterine growth

Women who stop smoking during pregnancy will benefit from:

- less morning sickness
- fewer complications
- a more content baby after birth

You can get free support to stop smoking. Find out where:

<https://www.herefordshire.gov.uk/stopsmoking>