

Our community supports a



Pregnant and Smoke-Free!

A smoke-free environment is best for you and your developing baby.



Smoking makes it hard for your baby to get enough oxygen and nutrients. This means your baby will not develop as well.

Quitting or cutting down on the amount you smoke will be better for you and your baby.

Staying away from second-hand smoke and smoky places as much as you can is also best for both of you.

If you would like help to quit or cut down your smoking please talk to your health care provider.

For more **information:**

1 800 0-Canada

www.healthypregnancy.gc.ca



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