



Smoking & pregnancy

The best time to quit smoking is before you get pregnant, but quitting at any time during pregnancy can help your baby get a better start on life.

When you stop smoking:

- Your baby gets more oxygen, even after just one day.
- Your baby will grow better and less likely to be born too early.
- You will have more energy and breathe more easily.
- You will be less likely to develop heart disease, stroke, lung cancer, and other smoking-related diseases.

