

Nicotine and Marijuana Risks to Baby

- Increased risk of Sudden Infant Death Syndrome (SIDS)
- Premature birth
- Birth defects
- Lung and brain damage
- Stillbirth
- Nicotine reduces oxygen supply to the baby, which is critical for healthy growth and development.
- Vaping is Not Safer
- Whether nicotine is smoked, vaped, chewed, pouched, snuffed, or consumed in another form, the risks to the baby remain.
- All nicotine and marijuana products should be avoided during pregnancy.

Why Quitting Matters

- Quitting improves your baby's chances for healthy growth and lowers the risk of complications.
- Pregnancy is a strong motivator for change—protecting your baby's health can help keep you focused on your goal.

Getting Help

- Many recovery programs and resources are available to help you quit nicotine.
- Support from friends, family, and healthcare providers can make the process easier.
- After quitting, many people find they feel healthier and more energetic, and they wonder why they started in the first place.

Key Takeaway

- Quitting nicotine and marijuana in all forms during pregnancy gives your baby the best chance for a healthy start in life.

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