

HOW DOES SMOKING HURT A BABY?

- Smoking increases the chances of preterm birth, miscarriage (when a baby dies before 20 weeks of pregnancy), stillbirth (when a baby dies in the womb) and bleeding problems. It also can cause problems with the placenta. The placenta grows in your uterus and supplies the baby with food and oxygen. Smoking replaces much of the baby's oxygen with carbon monoxide, a poison.
- Babies born to mothers who smoke may have problems with breathing, growing, behavior and learning. They also have a greater chance of Sudden Infant Death Syndrome (SIDS) (also called crib death).
- Secondhand smoke is smoke from other people's cigarettes. Secondhand smoke is bad for your baby and for you. It cuts down on the oxygen your baby gets and replaces it with carbon monoxide (a poison). Ask others not to smoke around you. Stay away from places where other people smoke.

HOW DOES ALCOHOL HURT A BABY?

- Drinking alcohol while a baby's brain is growing can cause the baby to have fewer brain cells. A baby's body has made all of its brain cells by about 20 weeks of pregnancy.
- Fetal alcohol syndrome (FAS) is a serious health problem that affects an unborn baby when the mother drinks too much. It can be completely prevented if a woman doesn't drink alcohol during pregnancy. FAS can cause a baby to have:
 - Low birthweight
 - A small head and a misshapen face
 - Problems with arms, legs and joints
 - Problems with coordination
 - Problems with learning and memory
 - Mental retardation
- Alcohol can affect the way a woman's body uses folic acid and iron that is needed during pregnancy.

HOW DO ILLEGAL DRUGS HURT A BABY?

Taking illegal drugs can seriously hurt a growing baby during pregnancy. Drugs can cause these problems:

- A greater chance of the baby dying
- Problems with the placenta

- Less blood flow to the baby
- Preterm birth (when a baby is born before 37 weeks of pregnancy)
- Feeding problems
- Birth defects
- Drug withdrawal and seizures after the baby is born
- A greater chance of dying of SIDS
- Learning and behavior problems later in life

WHERE CAN YOU GO FOR HELP?

- Tell your health care provider if you need help to quit smoking, drinking alcohol or taking illegal drugs.
- Call or visit your local health department and ask for the HANDS coordinator.
- Call your Community Mental Health Center, toll free in Kentucky: 1-888-729-8028.
- For help to quit smoking, contact:
 - Kentucky Quit-Line for help at 1-800-QUIT NOW (1-800-784-8669).
 - American Legacy Foundation at www.americanlegacy.org.
 - National Partnership to Help Pregnant Smokers Quit at www.helppregnant smokersquit.org.
- For help to quit drinking alcohol or taking illegal drugs, contact:
 - National Council of Alcoholism and Drug Dependence (NCADD) at 1-800-622-2255 or www.ncadd.org.
 - Substance Abuse Treatment Facility Locator at 1-800-662-4357 or www.findtreatment.samhsa.gov.