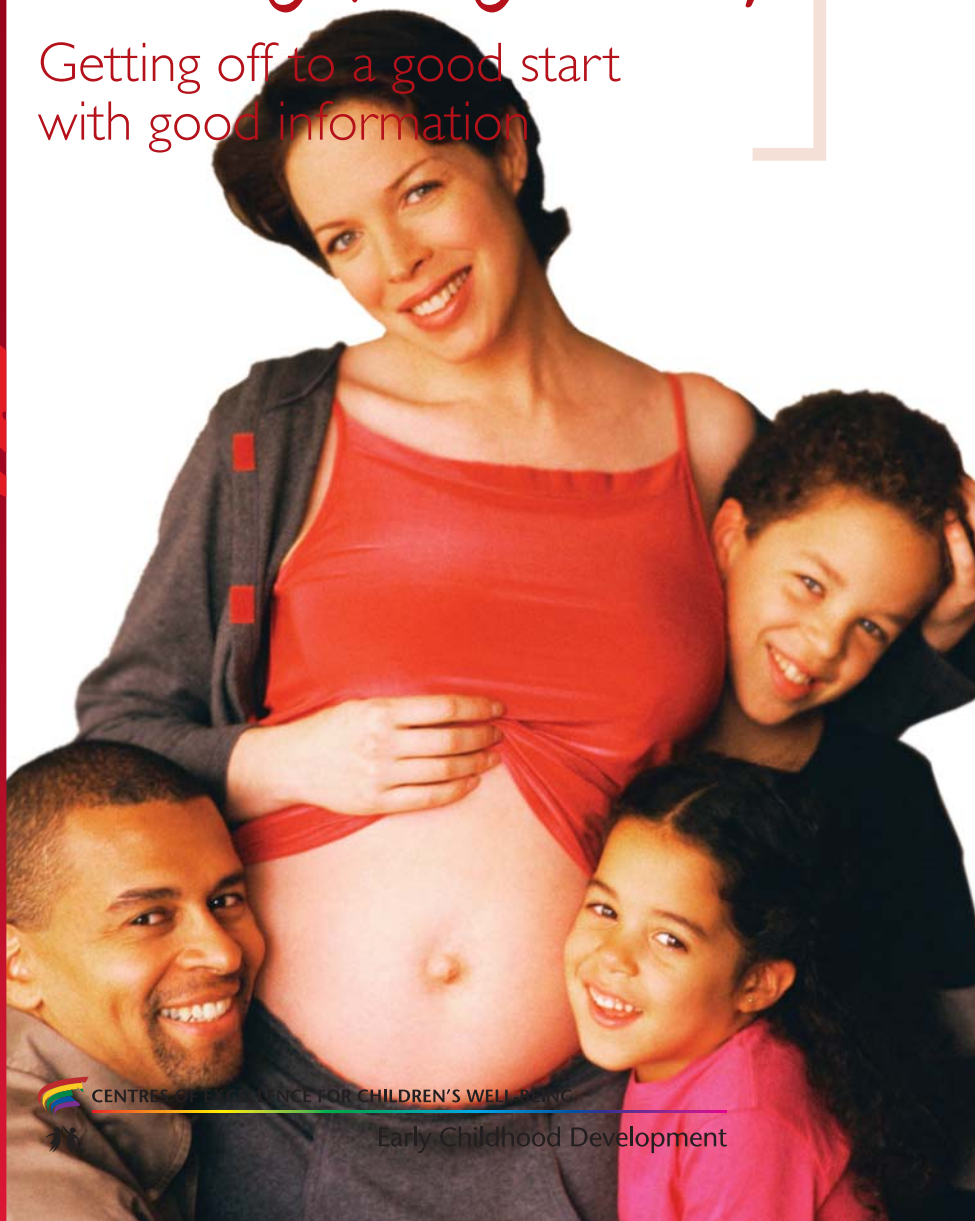


Eyes on



Tobacco use during pregnancy

Getting off to a good start
with good information



CENTRE OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Early Childhood Development

PARENTS



What do we know?

“Children exposed to tobacco during pregnancy are at higher risk of becoming smokers themselves.”

- Nicotine and carbon monoxide in cigarette smoke reduce the amount of oxygen available to the foetus, which slows down its growth and also slows down the development of its heart, brain and several other organs.
- Newborns who have been exposed to tobacco during pregnancy generally weigh less, are smaller in height, and have smaller heads and brains.
- Using tobacco during pregnancy increases the risk of miscarriage, ectopic pregnancy and premature delivery.
- Sudden infant death syndrome, respiratory problems (such as asthma), and infections (such as ear infections) happen more often among newborns exposed to second-hand smoke.
- Using tobacco during pregnancy increases the risk of other physical health problems (such as obesity) during childhood or adolescence.
- Children and adolescents who were exposed to tobacco smoke during pregnancy are more likely to have behaviour problems, attention disorders, poor impulse control, hyperactivity, and problems related to crime and drug abuse.
- Children exposed to tobacco during pregnancy are at higher risk of becoming smokers themselves.
- Stopping smoking before pregnancy has important benefits for both mother and child, but stopping at the beginning or during pregnancy also has positive effects.
- In addition to greatly improving the health of children and other family members, stopping smoking will also improve your own health.

Paying attention to...

What can be done?

... your relationship with tobacco and your smoking behaviour during pregnancy.

- Remind yourself of your previous attempts to stop smoking.
- Identify the things that make you want to smoke, and those that help you to stop.

... the behaviours of the people around you.

- Talk about smoking with your partner and your parents.
- Look for support from family members, friends and colleagues, especially those who are non-smokers or who have quit smoking.
- Involve your partner, for encouragement and support (it can be easier for two people to give up smoking together).

... the resources available to help you in your efforts.

- Use available community resources and telephone help lines to get support when you need it.
- To get started, do some reading on the subject.
- See your doctor for information on other methods that might be of help.



Information

The Centre of Excellence for Early Childhood Development identifies and summarizes the best scientific work on the social and emotional development of young children. It disseminates this knowledge to a variety of audiences in formats and languages adapted to their needs.

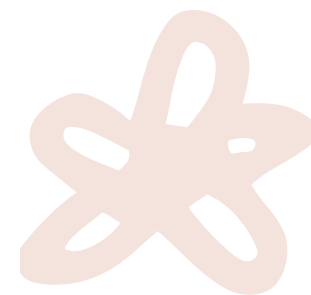
For a more in-depth understanding of the effects of tobacco use during pregnancy, consult our experts' articles in the Encyclopedia on Early Childhood Development, available free of charge at www.child-encyclopedia.com.

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Centre of Excellence for Early Childhood Development

GRIP-Université de Montréal
P.O. Box 6128, Succursale Centre-ville
Montreal (Quebec) H3C 3J7
Telephone: 514.343.6111, extension 2576
Fax: 514.343.6962
E-mail: cedje-ceecd@umontreal.ca
Website: www.excellence-earlychildhood.ca



Coordinator:
Kristell Le Martret

Collaborator:
Paul Gendreau

Copy editor:
Sandra Braun

Translation:
Donna Riley

Graphic design:
DesJardins Conception Graphique inc.

In this document, the masculine form is used to simplify the text. No discrimination is intended.