

Tips From Former Smokers - Amanda

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Amanda] My name is Amanda. I work with women who are trying to quit smoking. And I have some tips for you in case you're pregnant or thinking about having a baby.

First thing is, keep trying to quit – or better yet, don't start smoking. It can cause premature birth, which can then increase the risk of your baby having developmental delays, problems with eyesight, breathing, and more. So don't give up.

There are people like me who are here to support you. Because I know what can happen if you don't quit.

Your baby could be born two months early and weigh only three pounds. She could be in the NICU for almost a month. Put in an incubator and fed through a feeding tube that goes through her nose down into her little stomach.

I know that— because I smoked while I was pregnant. And that's what happened to my little baby.

I quit. You can too. For free help, call 1-800-QUIT-NOW.

[Announcer] A message from the U.S. Department of Health and Human Services and CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.