

# Smoking in Pregnancy



If you stop smoking now it will make a big difference to your health and the health of your developing baby.

The earlier you give up smoking in pregnancy, the better. Quitting at any stage will benefit both you and your baby.



**People who smoke have an increased risk of more severe respiratory infections.**

**Don't give up on giving up.**

For support go to: [healthierlsc.co.uk/quit](http://healthierlsc.co.uk/quit)