

# Now pregnant

that you are



## Quit For You Quit For Your Baby

**Smoking during pregnancy  
can cause serious problems  
for your baby:**

- Low birth weight
- Premature labour
- Increased risk of SIDS  
(Sudden Infant Death Syndrome)

**For Smoking Cessation  
Options in Windsor &  
Essex County  
Call 258-2146 Ext. 1350**



[www.wechealthunit.org](http://www.wechealthunit.org)

