

Test Your Knowledge

MODULE 1

The following exercise will help you understand why cigarette smoke is dangerous during pregnancy and after the birth of the baby.

Click on the option button that matches the correct answer and validate your answer on the next page.

1. Smoking increases the risk of miscarriage.

- ☐ a) True
- ☐ b) False

2. Smoking increases the risk of premature birth

- ☐ a) True
- ☐ b) False

3. Smoking can have an effect on the baby's weight at birth

- ☐ a) True
- ☐ b) False

4. Smoking can have an effect on labour and delivery.

- ☐ a) True
- ☐ b) False

5. Smoking increases the risk of death in newborns

- ☐ a) True
- ☐ b) False

6. Nicotine found in a cigarette enters the breast milk

- ☐ a) True
- ☐ b) False

7. After the birth, the presence of cigarette smoke in the baby's environment causes less damage.

- ☐ a) True
- ☐ b) False

The answers are:

- 1. a) True.** A woman who smokes doubles her risk of having a miscarriage when compared to a woman that doesn't smoke.
- 2. a) True.** When the mother smokes, the risk that her baby will be born too early is much higher. Premature babies are hospitalized more often and have more long-term health problems and die more often than the full term babies.
- 3. a) True.** Your baby has a chance of being smaller at birth if you smoke. Small babies are more at risk of being sick.
- 4. a) True.** If you smoke, you may have problems during labour and delivery.
- 5. a) True.** The risk of death before birth or sudden death during the first weeks of life is greater if you smoke. The use of tobacco by the parents could be the first risk factor for Sudden Infant Death Syndrome (SIDS).
- 6. a) True.** A baby who is breastfed by a mother who smokes cries more and is more difficult to calm because of the nicotine. It is proven that breastfeeding reduces the negative effects of tobacco on the baby's lungs and can protect against respiratory illness. Breastfeeding is good for the baby and the mother. It is better if the mother does not smoke but if she can't stop or reduce her consumption, it is better to smoke and breastfeed then to smoke and not breastfeed. Smoking should be done outside and after the breastfeeding to limit the amount of nicotine in the breastmilk. Nicotine replacement therapy is safe while breastfeeding (ie Nicorette gum, the patch).
- 7. b) False.** Children living with smokers run a higher risk of having breathing problems such as asthma, bronchitis, colds, and throat and ear infections.