

Secondhand Smoke & Your New Baby

Keeping Baby Safe

Babies exposed to smoke are more likely to get sick. Give your baby and yourself the best chance for a healthy life. The best thing you can do, is to quit. Here are some more tips on how to keep smoke out of your home and away from your baby.

Protect your baby from smoke during pregnancy.

- If you are pregnant and smoke or breathe in smoke from someone else's cigarette (secondhand smoke), your baby could have weaker lungs than other babies.
This can cause serious health problems.
- Also, if any mother smokes while pregnant, she is more likely to have a miscarriage (end of pregnancy) or have a baby that is born too soon or weighs too little.

For mothers: If you quit smoking while pregnant, good for you! Now that your baby is born, it is just as important for you to stay smoke free—for your health and your baby's health.

For free help staying quit: **1-800-QUIT-NOW**

When your baby is born, keep him or her safe from smoke.

- Babies who breathe smoke have more colds, ear infections and asthma attacks. Smoke travels from room to room—even with a window open. Secondhand smoke causes bronchitis and pneumonia.
- Babies exposed to smoke have a greater risk of dying from Sudden Infant Death Syndrome (SIDS).
- Nicotine and other chemicals go from mother into the breast milk and baby will drink it.

For fathers and other family members: Do your part to protect the baby. Don't smoke around your baby's mother while she is pregnant, and don't smoke around the baby after he or she is born. Help each other quit. If you can't quit right away, set up a place to smoke outside and away from the baby. Change from your "smoking clothes" when holding baby.

Help is free and confidential: **1-800-QUIT-NOW**