A young child with short brown hair is crying. The child is wearing a light pink t-shirt with a floral pattern. They are holding a pink sippy cup in their right hand and a pink and blue checkered stuffed animal in their left arm. The background is a blurred indoor setting with a window and a framed picture on the wall.

When your  
child is sick,  
you worry...

**If you're here because your child has an ear infection or a cough or asthma, smoking may be a cause.**



**Smoke in the home and car is especially hard on infants and young children.**



**Smoking also has been linked to SIDS  
(Sudden Infant Death Syndrome).**



**The best way to protect your children is to quit smoking.**

**Quitting smoking is hard, but you can do it. You'll have a much better chance of succeeding if you get help from experts.**

**Ask your child's doctor about quitting. He or she can help with medicine and good advice.**





For free coaching on how to quit,  
call **The Missouri Tobacco  
QuitLine**. QuitLine coaches have  
helped many smokers with tips on  
quitting and quit smoking support.

\_\_\_\_\_**THE**\_\_\_\_\_

**Missouri Tobacco**


**QUITLINE**

1-800-QUIT-NOW

(1-800-784-8669)

**Call 1-800-QUIT-NOW.**  
**Hours: 7 a.m. to 11 p.m. daily.**  
Other times, leave a message and someone  
will call you back within two days.



A young boy with short dark hair is sitting on a medical examination table. He is wearing a blue short-sleeved polo shirt with white stripes on the sleeves and khaki shorts. He is smiling and looking towards the camera. The background shows a clinical setting with a desk, a chair, and some papers on the wall.

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