Breathing the smoke of others (secondhand smoke) can make you and your baby sick.

Secondhand smoke contains more than 4,000 chemicals, including some that cause cancer.

Your baby’s health is too important to risk! Protect your baby and yourself from secondhand smoke.

Resources

http://www.cdc.gov
http://women.smokefree.gov
http://www.marchofdimes.org
http://www.quitnow.net/missouri

800-QUIT-NOW (784-8669)
Protect Your Baby During Pregnancy

- Pregnant women who breathe the cigarette smoke of others (secondhand smoke) are more likely to have a baby with low birth weight and breathing difficulties.
- If a mother smokes while pregnant, her risk of having a miscarriage (pregnancy loss), premature birth (born too early) and low birth weight increases.

Protect Your Baby from Secondhand Smoke After Pregnancy

- If you quit smoking while pregnant—great job! Continue to stay smoke free now that your baby is born for your health and the health of your baby.

- Babies who breathe secondhand smoke are more likely to have ear infections, colds and asthma.
- The risk of dying from Sudden Infant Death Syndrome (SIDS) increases in babies exposed to secondhand smoke.
- Every year babies who breathe secondhand smoke suffer from bronchitis and pneumonia more than babies who do not.

Dads and Other Family Members can Help Protect Baby from Secondhand Smoke

- When dad and other family members smoke, mom and baby smoke too!
- Don’t smoke around the baby after he or she is born.
- Quit if you can and support mom’s efforts to quit.

Do not allow anyone to smoke in your car, even with the window down. No amount of exposure to smoke is safe.

Tips

- Ask others not to smoke around your baby. If family members or visitors smoke, ask them to smoke outside.
- Be sure child care workers and other caregivers do not smoke around your baby.
- Put up “no smoking” signs in your home.
- Get rid of matches, lighters and ashtrays.
- Don’t allow smoking in the car.
- Choose family activities where your baby won’t be exposed to secondhand smoke.