

TAKE THE FIRST STEP FOR YOUR BABY

Making a plan to avoid **Secondhand Smoke** is an important step in helping your baby have a healthy start.



Secondhand Smoke:

The smoke that comes from the burning end of a cigarette, pipe or cigar and the smoke that is puffed out by smokers. Breathing this smoke can harm non-smokers, including pregnant women and babies.



During Pregnancy Breathing Secondhand Smoke Is Harmful

Even if you do not smoke while you are pregnant, your developing baby is affected by tobacco smoke. It limits the oxygen your baby gets and:

- 1 Puts your unborn baby at risk for being born too early or premature (before 37 weeks).
- 2 Increases your baby's chances of being born too small and not having a healthy weight (less than 5 ¹/₂ pounds).
- 3 Makes it more likely that your baby will develop lung disease.
- 4 Increases a baby's risk of dying from Sudden Infant Death Syndrome (SIDS).
- 5 Can harm your baby's growing brain.

After The Baby Is Born...

AVOID SECONDHAND SMOKE

There are many benefits for your baby when you avoid secondhand smoke that include:

- Lowers your baby's risk of dying from Sudden Infant Death Syndrome (SIDS).
- Reduces the number of asthma attacks.
- Lowers chances of bronchitis, pneumonia or croup.
- Results in fewer colds, coughing and congestion.
- Reduces the number of sinus and ear infections.
- Promotes healthier lungs for a lifetime.
- Promotes healthier brain development.

