



# Oh Baby!

*We Want To Keep  
You Safe From  
Secondhand  
Smoke*



TAKE THE FIRST STEP FOR YOUR BABY



# 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.

This workbook was written by a tobacco prevention expert and mother of two.

## *You Want the Best for Your Children*

Both smokers and non-smokers agree – no one wants to put their baby at risk. No matter if you're pregnant or a new parent, a smoker or a non-smoker, keeping tobacco smoke away from pregnant women, babies and children should be a priority.

## *Two Forms of Tobacco Smoke Affect Non-smokers*

**Secondhand Smoke** is 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.

**Thirdhand Smoke** is the small particles and gases given off by cigarette smoke which stick to walls, furniture, carpet, clothing, hair and skin. It may be swallowed, inhaled or absorbed through the skin by non-smokers (including babies). It is not known how dangerous thirdhand smoke is.



## *During Pregnancy Keep Secondhand Smoke Away*

Choose to avoid cigarettes and secondhand smoke when you are pregnant. This is one of the most important steps you can take for yourself and your developing baby. You can also:

- 1 Let family members, friends and co-workers know you do not want to breathe secondhand smoke.
- 2 Ask others to help you keep your home and car smoke-free before and after the baby is born.
- 3 Go to public places that do not allow smoking.
- 4 Eat in smoke-free restaurants only.
- 5 Talk to your doctor or nurse about secondhand smoke and ask for help.



*Stopping smoking and avoiding secondhand smoke are the best gifts you can give to your children.*



*Secondhand smoke comes from a burning cigarette, cigar or pipe and from the smoke exhaled by smokers.*

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## *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*

Do all you can to keep yourself and your baby away from secondhand smoke. Secondhand tobacco smoke makes babies sick and makes it harder for them to breathe.

Babies' lungs and airways are small. When they breathe tobacco smoke, babies get poisons from the smoke. Their lungs also absorb tiny particles, nicotine, harmful gases and chemicals from secondhand smoke.

Breathing problems, wheezing and sickness triggered by secondhand smoke make babies feel uncomfortable and be more fussy.

### *Now A Word About Cigars*

Congratulations on your new arrival! Thinking about passing out cigars to celebrate your baby's birth?

#### **Think Again!**

The amount of smoke from 1 cigar equals 3 cigarettes and is more poisonous.



*Start a new tradition. Give out flowers or chocolate kisses to celebrate your baby's arrival.*



*Keep your baby away from secondhand smoke. Give your baby a healthy start in life.*

## *The Benefits For Your Baby*

Keeping your baby away from smoke:

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

There are many health benefits for other family members who avoid secondhand smoke. They may have fewer breathing problems, be less likely to get colds, the flu or heart disease, or less likely to die young compared to people who breathe secondhand smoke.





## *Help Your Baby Breathe Easier*

- 1 Ask others not to smoke around the baby.
- 2 Ask others not to smoke in your home or car.
- 3 Choose a childcare provider or babysitter who does not smoke.
- 4 Avoid places where people are smoking.
- 5 Put up “No Smoking” signs as a friendly reminder.
- 6 Ask smokers to wash their hands and change clothes before holding the baby.



*Remember, most people will not smoke if you ask them not to.*



*Opening a window may help clear the air, but it is not good enough. Make your house smoke-free.*

## *Parents' Stories*

Many parents want to ask others not to smoke near their baby. This can be awkward, especially when talking to family members. But most people will not smoke if asked nicely. These stories may help you.

### *When Grandparents Smoke*

Renee and her husband didn't want their newborn son exposed to cigarette smoke when they visited her parents. "It was difficult and my parents were offended at first," said Renee, when she asked them not to smoke around the baby, even in their own home.

Her mom and dad wanted to see their grandson. They made one room in their house the baby's room and did not smoke in there.

Renee was glad her parents tried to change. But she knew the smoke was all around and still got into the baby's room.

## *Renee's Suggestions If Grandparents Smoke*

- 1 Have fewer visits at the grandparent's house during the winter when the house is closed up.
- 2 Visit more often during warm weather when you and the baby can be outside.
- 3 Invite the grandparents to your house to visit the baby, remind them that your house is smoke-free.
- 4 Both dads and moms should talk with family members and caregivers about secondhand smoke.

Renee and her husband took these same steps when their second son was born.



*Kids exposed to secondhand smoke may not do as well as other kids in school. They also have double the risk of getting dental cavities.*



*Fathers can protect their families from secondhand and thirdhand smoke.*

## *When Daddy Smokes*

Marco tried not to smoke around his daughter and would go outside his house to smoke. However, his baby, Laura, began having asthma attacks. Often her asthma started after Marco had been holding her.

Once, Laura had a really bad asthma attack and was rushed to the emergency department.

The doctor told Marco that the particles and tar in cigarette smoke (thirdhand smoke) stuck to his hands and clothes. His smoking had triggered Laura's asthma attacks!

That was enough of a warning for Marco. He quit smoking cold turkey!

Laura's breathing improved, thanks to her dad.



## *When A Partner Smokes*

Pregnant with their first child, Jan worried when Mike smoked. So she asked her doctor how secondhand smoke affected the baby even though she didn't smoke.

Then Jan asked the doctor to talk to Mike about not smoking around her now, and not smoking around the baby after the birth. Together they made a plan for Mike to go to Jan's next check-up.

At the clinic Mike learned that his smoking put the baby in danger even before it was born.

The doctor gave Mike a "no secondhand smoke prescription" to remind him not to smoke around Jan or near the baby after it was born.

Mike's first step was to smoke outside. Then he quit smoking in the car. Jan says: "I feel better knowing Mike is helping me and helping our baby to be healthy. The house smells better too!"



*Secondhand smoke makes babies' little lungs work even harder and also increases the chances of bronchitis or pneumonia.*



*Making a plan that works  
for you will make it easier to  
protect your baby from  
secondhand smoke.*

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## Make Your Own Action Plan

- 1 Think about when and where you breathe secondhand smoke.  
*List the places:*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

- 2 What are your reasons for avoiding secondhand smoke?  
For example: Smoke stinks! It hurts my health and makes my nose  
itch and eyes burn. *List your reasons:*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



## Action I Can Take

What can you do to keep away from secondhand smoke?

Example: When I go out with friends who smoke, I'll drive.

*List things you can do:*

At home: \_\_\_\_\_

\_\_\_\_\_

In the car: \_\_\_\_\_

\_\_\_\_\_

With friends or family: \_\_\_\_\_

\_\_\_\_\_

At work: \_\_\_\_\_

\_\_\_\_\_



*Ask people to go outside to smoke and then wash their hands and face and change their shirt before holding your baby or playing with your children.*



*Involve your friends, family and babysitters to help keep your baby healthy and smoke-free.*

## Telling Others

These people are important to me. I want them to be part of my baby's life. I will let them know their smoke hurts me and my baby.

**Name**

**What I will say**

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*Example:  
Kevin*

*I know you want the best for our baby. It's best for her if you don't smoke around us.*

I can call these friends and family members who don't smoke to babysit.

**Name**

**Phone**

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## Resources

For help with keeping your baby away from secondhand smoke, quitting smoking and other parenting topics, call:

- QuitlineNC (1-800-QUIT-NOW /1-800-784-8669)
- Your doctor or healthcare provider
- Your county public health department

Websites for more information on quitting smoking:

- [www.quitlinenc.com](http://www.quitlinenc.com)
- [www.smokefree.gov](http://www.smokefree.gov)



*Be a child's hero by keeping your home and car free from tobacco smoke.*

MY BABY IS  
BREATHING ...  
THANK YOU FOR  
NOT SMOKING!



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\$x,xxx.xx or \$x,xxxxx each. 6/2017

## *Benefits Of Not Breathing Secondhand Smoke*

- 1 It is safer for you, better for a healthier pregnancy.
- 2 It is better for your baby's growth and development.
- 3 Your baby will breathe easier.
- 4 Your baby's risk of SIDS will be lower.
- 5 It is better for your baby's growing brain.