



Oh Baby!

*We Want to Keep You Safe
from Second and Thirdhand
Smoke and Vape*



Making a plan to avoid environmental tobacco is an important step in helping your baby have a healthy start.

You Want the Best for Your Children

No one wants to put their baby at risk. No matter if you're pregnant or a new parent, use tobacco or are tobacco-free, protecting pregnant women, babies and children from environmental tobacco should be a priority.

What is Environmental Tobacco?

Two forms of environmental tobacco affect people:

Secondhand Tobacco is the smoke/vape a tobacco-user breathes out or that comes out from the end of their cigarette, pipe, cigar or e-cigarette. Breathing secondhand tobacco can harm others, especially pregnant women, babies and children. There is no safe level of secondhand tobacco.

Thirdhand Tobacco is the gases and small particles from smoke and vape that land on surfaces. These stick to walls and floors, furniture and carpets, clothing, skin and many other surfaces. Thirdhand tobacco can be swallowed, inhaled or absorbed through the skin, especially for babies and children who crawl or play on floors and often put their hands in their mouths.

During Pregnancy, *Keep Secondhand Tobacco Away*

Staying away from secondhand smoke and vape 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/vape.
- 2 Ask others to help you keep your home and car tobacco-free before and after the baby is born.
- 3 Go to public places that do not allow smoking and vaping.
- 4 Talk to your doctor or nurse about secondhand tobacco and ask for help.



Quitting tobacco and avoiding secondhand smoke and vape are the best gifts you can give to your children.



Secondhand tobacco is the smoke/vape that comes off the end of a cigarette, pipe, cigar or e-cigarette and the smoke/vape exhaled by tobacco users.

During Pregnancy, *Breathing Secondhand Tobacco Is Harmful*

Even if you do not use tobacco while you are pregnant, your developing baby is affected by secondhand smoke and vape. Benefits of avoiding secondhand tobacco for your baby include:



Lowers risk of being born too early (before 37 weeks)



Lowers risk of being born too small (5½ pounds or less)



Healthier brain development



Better lung development and lower risk of asthma



Lowers risk of Sudden Infant Death Syndrome and other sleep-related death



Lowers risk of obesity, type 2 diabetes and nicotine addiction later in life

After The Baby Is Born

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

Babies' lungs and airways are small. When they breathe smoke or vape, babies breathe in poisons. Their lungs absorb nicotine, tiny particles, harmful gases and chemicals from the smoke/vape.

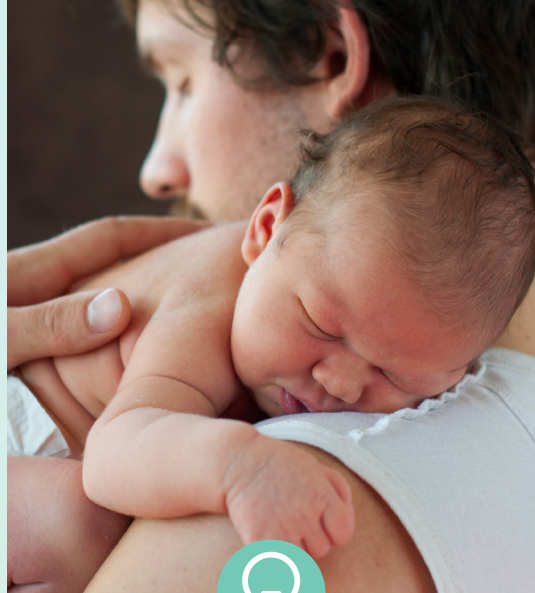
Breathing problems, wheezing and sickness triggered by secondhand tobacco make babies feel uncomfortable and be more fussy.

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/vape.
Give your baby a healthy
start in life.

Benefits of Avoiding Secondhand Tobacco for Your Baby



Lower risk of
Sudden Infant Death
Syndrome and other
sleep-related death



Lower risk of asthma/
Fewer asthma attacks



Fewer coughs, colds
and lung infections



Fewer sinus and ear
infections



Healthier
lungs



Healthier
brain development

There are many health benefits for other family members who avoid secondhand tobacco. 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/vape.

Help Your Baby Breathe Easier

Here are some ways that you can create tobacco free spaces for your family:

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



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



Talking to your family about tobacco use can be hard, but it is important to keep your baby safe.

Talking to Family about Tobacco: Three Stories

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

1 *When Grandparents Smoke*

Kayla 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 Kayla, 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.

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

Kayla'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 tobacco-free.
- 4 Both dads and moms should talk with family members and caregivers about secondhand smoke/vape.

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



Be clear with grandparents
about your wishes for tobacco free
spaces for your baby.



Fathers can protect
their families from
secondhand and
thirdhand tobacco.

2 *When Daddy Smokes*

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

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

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

That was enough of a warning for Jose. He talked to his doctor, got medication and successfully quit smoking cigarettes!

Sofia's breathing improved, thanks to her dad.

3 *When A Partner Vapes*

Pregnant with their first child, Jasmine worried when Mike vaped. So she asked her doctor how secondhand vape affected the baby even though she didn't use tobacco. Then Jasmine asked the doctor to talk to Mike about not vaping around her now, and not vaping around the baby after the birth. Together they made a plan for Mike to go to Jasmine's next check up.

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

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

Mike's first step was to vape outside. Then he quit vaping in the car. Jasmine says: "I feel better knowing Mike is helping me and helping our baby to be healthy."



Vape free spaces are important both during pregnancy and after baby is born.



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

Make Your Own Action Plan

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



List your reasons:

1. _____
2. _____
3. _____

Think about when and where you might be around smoke/vape:



List the places:

1. _____
2. _____
3. _____

Action I Can Take

What can you do to keep away from secondhand smoke and vape?

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 or vape and then wash their hands 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 tobacco-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/vape is harmful to baby and me.

Name

What I will say

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

Name

Phone

Resources

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



QuitlineNC
800-QUIT-NOW
(800) 784-8669
Available 24/7
QuitlineNC.com



Your doctor or
healthcare provider



Your county public
health department



Websites for more information on being
tobacco free:

- ✓ YouQuitTwoQuit.org
- ✓ SmokeFree.gov
- ✓ BecomeAnEx.org



Many resources are available
to help your family become
tobacco free.



Collaborative for Maternal and Infant Health
MomBaby.org



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