

Take the first step for your baby.



Oh baby!
We Want To Keep
You Safe From
Secondhand
Smoke



Pregnant?

A New Parent?



Step Away From Secondhand Smoke!

Call 1-800-FOR-BABY or

1-800-367-2229

NC Family Health Resource Line

1-800-976-1922 (TTY)



www.NCHealthyStart.org

Take The First Step For Your Baby



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

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

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Breathing Secondhand Smoke During Pregnancy Is Harmful

Even when pregnant women do not smoke, their developing babies are affected by tobacco smoke. It limits the oxygen they can get and:

- 1** Puts your unborn baby at risk for being born too early or premature.
- 2** Increases your baby's chances of being born too small and not having a healthy weight.
- 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 developing brain.

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

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.

- 1** Let family members, friends, and co-workers know you are trying not 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** Sit in the non-smoking section in restaurants.
- 5** Talk to your health care provider about secondhand smoke and ask for help.



3

During Pregnancy: Action I Can Take

I will do these things to keep myself away from secondhand smoke!

At home: _____

At work: _____

In the car: _____

With family: _____

With friends: _____

If you stopped smoking during your pregnancy, CONGRATULATIONS! You took a major step to give your baby a healthy start in life.

Try not to smoke again after the baby arrives.

Example: When I go out with friends who smoke, I'll drive. They'll see the "no smoking" sign in my car.

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 makes babies feel uncomfortable and can cause them to 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 but is more poisonous.

*Start a new tradition.
Give out flowers
or chocolate kisses.*





The Benefits: Keeping Secondhand Smoke Away From Your Baby

- 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 infections.
- 6 Results in less ear infections.
- 7 Promotes healthier lungs for a lifetime.
- 8 Promotes healthier brain development.

Help Your Baby Breathe Easier

You help your baby breathe easier when you:

- 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.
(use the sign on the back cover of this booklet)
- 6 Smokers should wash their hands and change clothes before holding the baby.

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



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 politely. Their stories may help you.

When grandparents smoke:

Rene 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 Rene, 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.

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

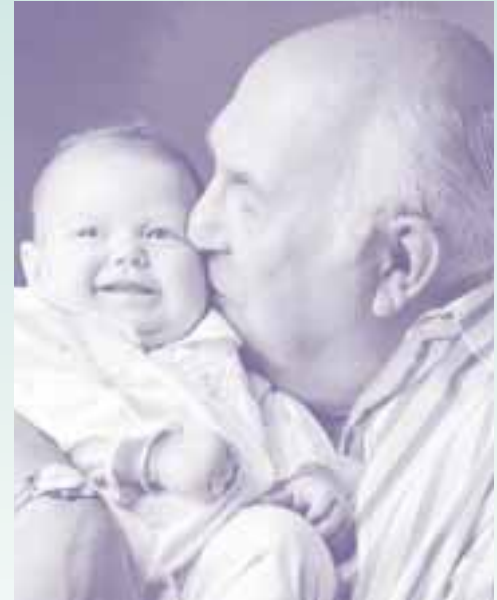


Suggestions . . .

Rene'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 Dads need to join with the moms to talk with family members and caregivers about secondhand smoke.

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





When Baby's Daddy Smokes

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

Once, Shay had a really bad asthma attack and was rushed to the Emergency Room.

The doctor told Joe that the particles and tar in cigarette smoke stuck to his hands and clothes. His smoking had triggered Shay's asthma attacks!

That was enough of a warning to Joe. He quit smoking cold turkey!

Shay's breathing improved, thanks to her dad.

*Fathers can protect their families
from secondhand smoke.*

When A Partner Smokes

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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!”

*Talk to your doctor
about secondhand smoke
and ask for help.*



Make Your Own Action Plan

- 1 When and where you breathe cigarette smoke:

First, list when you are exposed to cigarette smoke.

1

2

3

- 2 Next, list your reasons for avoiding secondhand smoke:

1

2

3

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

For example: Smoke stinks! It affects my health and makes my nose itch and eyes burn.

My Action Plan

1 I will take these steps to keep secondhand smoke out of my home and car!

1

2

3

For example: Ask my sister not to smoke when she is babysitting.

2 Places I can put the “My baby is breathing . . . Thank you for not smoking!” sign: *(The back cover of this booklet is a tear-out sign.)*

1

3

2

4

For example: At work by the water cooler.

Now create your own plan to keep secondhand smoke away from your baby. Involve your friends, family, and babysitters to help keep your baby healthy and smoke-free!

Telling Others

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



Name:

Relationship:

What I will say:

Example:

Kevin

my husband

I know you want the best for our baby. He needs you not to smoke around us.

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

Name:

Phone:

Name:

Phone:

Smoke-free Check List

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- I know that secondhand smoke harms me and my baby.
- I am taking steps to protect us from cigarette smoke:
 - at home
 - in the car
 - at work
- I will ask others not to smoke around us.
- I have a list of family members and friends who do not smoke and who can babysit.
- When we use a childcare provider, I will take my baby to a non-smoker.
- I called: **1-800-367-2229** or **1-800-FOR-BABY** and got a “My baby is breathing... Thank you for not smoking” sign for free.

*CONGRATULATIONS!
When you protect yourself
and your baby from
secondhand smoke, you are
taking an important step
for your family!*

Resources:

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

- ❖ your doctor or health care provider
- ❖ your public health department
- ❖ NC Family Health Resource Line



This campaign is brought to you by:

- ❖ N.C. Department of Health and Human Services
Division of Public Health — Women’s and Children’s Health Section -
www.wch.dhhs.state.nc.us
- ❖ N.C. Tobacco Prevention and Control Branch
- ❖ North Carolina Healthy Start Foundation - www.NCHealthyStart.org

Instructions for sign on the back cover:

- ❖ Tear off the sign along
“Tear Here”
- ❖ Punch out circle to hang
card on a door knob
- ❖ Insert your baby’s photo



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To learn more about helping keep
your baby safe from tobacco smoke, call:

1-800-FOR-BABY OR

1-800-367-2229

NC Family Health Resource Line

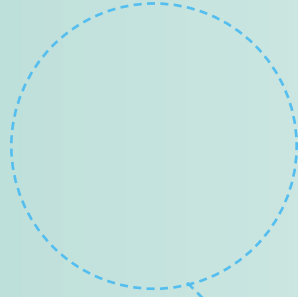


Benefits Of Not Breathing Secondhand Smoke

- 1 Safer for you and for a healthier pregnancy.
- 2 Better for your baby's growth and development.
- 3 Your baby will breath easier.
- 4 Your baby's risk of SIDS will be lower.
- 5 Better for your baby's developing brain.



www.NCHealthyStart.org



Oh baby!

We Want To
Keep You
Safe From
Secondhand
Smoke

My baby is
breathing ...

Thank you
for not smoking!



*Place your baby's
photo here*



Tear out this sign. Use it at home, at work, and in your car as a friendly reminder to family members and friends that they can help you and your baby breathe easier and stay healthier.