

Smoke-free for Baby's Sake

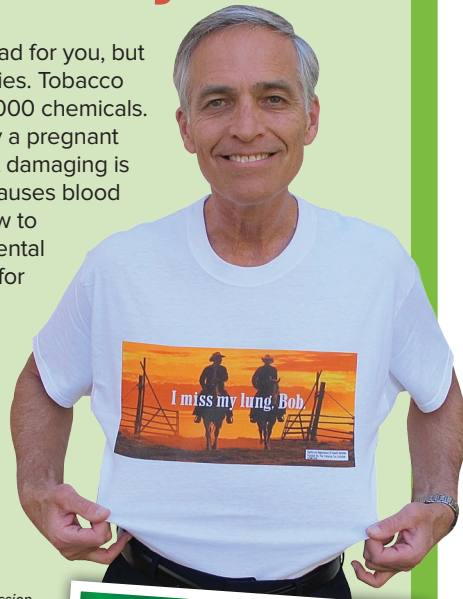
“We all know smoking is bad for you, but it is devastating for babies. Tobacco smoke contains over 7,000 chemicals. All the toxins inhaled by a pregnant woman go to the fetus. One of the most damaging is nicotine, a potent vasoconstrictor that causes blood vessels to narrow, decreasing blood flow to the baby. Rates of miscarriage and placental bleeding increase and chances double for premature birth, low birth weight, and stillbirth.”

“If you smoke, the best way to have a healthy pregnancy and protect your infant or young child from tobacco toxins is to stop smoking.”

John M. Harch, MD, FACS

*Retired General Surgeon
Member of Siskiyou County's Tobacco
Education Council*

A partnership with First 5 Siskiyou Children & Families Commission



- **Smoking When Pregnant** puts your baby at great risk for a long list of possible consequences to fetal development, including congenital heart disease, cleft lip and palette, and damage to the placenta. Smokers have a higher rate of miscarriage and 1 in 10 infant deaths are attributed to smoking.
- **Secondhand Smoke** is a mixture of exhaled smoke and other substances that enter the atmosphere from the smoldering end of a cigarette and is inhaled by others. Babies and young children breathe in secondhand smoke and are also exposed to toxins that cling to a smoking parent's clothing and hair. Something as delightful as cuddling your baby to your shoulder transfers carcinogens.
- **Thirdhand Smoke** is contamination on surfaces and objects that comes from secondhand smoke. It exposes people to the same toxins found in tobacco smoke. Think of your baby crawling across the carpet or snuggling with a favorite blanket where tobacco toxins linger. Toys, books, pacifiers - nearly everything goes into your curious baby's mouth, and everything in a home or car where people smoke is contaminated with thirdhand smoke.

Maintain a smoke-free lifestyle to protect babies and young children. Quitting is tough, but you can do it for baby's sake.

- Free Perinatal Quit Kit (Great American Smokeout): Nov. 19 at San Francisco Deli in Redding
- Quit Guide: www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout
- Tobacco Education: Siskiyou Family Resource Centers www.first5siskiyou.org



**Help to Quit:
1-800-No-Butts**


first5glenncounty.com


first5butte.org


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