



GET HELP IF YOU NEED IT

If you are interested in quitting smoking, talk to your health care provider. He or she will be able to assist you in getting the help you need.



FOR MORE INFORMATION ON THE EFFECTS
OF SMOKING ON PREGNANT WOMEN AND
YOUNG CHILDREN, CONTACT:

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a Smoke- free home

saskatchewan
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our goal is healthy children

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You and your baby need a smoke-free home ...RIGHT FROM THE START

the facts ...

RISKS TO YOUR UNBORN BABY

Babies born to mothers who smoke have a greater risk of being born too early or of having a low birth weight and can have serious health problems such as:

- Problems with their growth and learning
- Jaundice
- Bleeding in the brain
- Sight and breathing problems
- Hearing problems

Smoking is harmful to your unborn baby, because the baby gets less oxygen every time you have a cigarette.

THERE'S SMOKE IN THE ENVIRONMENT

Tobacco smoke is harmful. Not only is smoke in the air, chemical residue from tobacco smoke can be found on surfaces, clothes, and on hair.

A chemical residue can be inhaled, absorbed or swallowed by babies, even if parents do not smoke near the baby. Due to the fact that babies breathe naturally faster than adults, the effects of tobacco smoke residue are more severe in babies compared to adults.

Infants and children who are exposed to tobacco smoke are at greater risk for:

- Abnormal lung development
- Sudden Infant Death Syndrome (SIDS)
- Ear infections
- Throat infections

- Asthma
- Lung infections
- Allergies

Ask your family and friends not to smoke around you and your children.

IT'S TIME TO QUIT

Smoking is an addiction, there's no doubt about it. If you or your partner did not quit before you became pregnant, now is the time ... for your health and the health of your child.

- Get help from your family and friends. Ask them to support your decision.
- Set a date to quit or to start cutting back. Mark the date on a calendar.
- Find a "quitting buddy" - someone to help you through this time.
- Plan other activities that will help you avoid smoking. When you crave a cigarette, go for a walk, eat some fruit, or phone your "quitting buddy".
- Use the money you save to buy something you want at the end of each week.
- Give yourself a big pat on the back because you are doing something good for you and your child.

If you slip up and have a cigarette, **DON'T GIVE UP!**

Most people try quitting a few times before they actually quit for good.

PARTNERS IN PREVENTION

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