

Name: _____ Date: _____

Tips for the Other Parent

Secondhand smoke is the smoke that a person breathes in because someone around them is smoking.

- Both secondhand smoke and secondhand vapor can be dangerous for the health of those around the smoker.
- Smoking or vaping around someone who is pregnant causes risks for the baby too.
- There is no safe amount of secondhand smoke.

Secondhand smoke can cause:

- Harm to baby before birth
- Sudden infant death syndrome (SIDS)
- Baby's lungs may not fully develop
- Ear infections, colds, bronchitis, and pneumonia (lung illness) in infants and children
- More doctor visits, missed school and work
- Asthma attacks
- Learning difficulties
- Lung cancer and heart disease



To lower the health risks for yourself and those around you (including unborn babies), the healthiest option is to quit smoking. If you are not ready to quit yet, you can still protect the health of those around you by keeping smoke and vapor away from them. Consider stepping outside to smoke or not smoking with others in the car.



Do you smoke or vape around your partner or children? Yes / No



**How can you keep smoke or vapor away from your partner and children?
Write or draw a picture.**

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.