

Name: _____ Date: _____

How Secondhand Smoke Affects Baby

Secondhand smoke is the smoke (or vapor) that a person breathes in when other people smoke (or vape) around them.

The chemicals in tobacco smoke are dangerous for your health and your baby's health, even if you are not the person smoking.

Secondhand smoke can cause issues for a baby.

- Giving birth too early
- Low birth weight (even if they are born on time)
- Infant death from
 - Miscarriage
 - Stillbirth
 - Sudden infant death syndrome (SIDS)
- Birth defects
 - Heart defects
 - Lip and mouth defects



If you are pregnant, the chemicals from secondhand smoke get into your blood and go everywhere in your body – including the placenta and to your baby.

 **Are you ever around people who smoke/vape? Yes No**

If yes, where are you around smoke/vapor?

Home School Work Somewhere else: _____

 **What are some ways you can avoid being around smoke and vapor (from e-cigarettes)? 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.