

Name: _____ Date: _____

Impact on Children's Health

Children with parents who smoke are more likely to have:

- Breathing problems like coughing or wheezing
- Frequent and severe asthma attacks
- More frequent ear infections, colds, bronchitis, or pneumonia
- Stuffy noses, sore throats, headaches, or hoarseness
- Sudden infant death syndrome (SIDS)
- Learning delays

Children who are repeatedly exposed to tobacco can have an increased risk of:

- Cancer
- Heart disease
- Eye issues
- Underdeveloped lungs

As a parent or caregiver, you worry about your child's health. You have probably wondered about how your smoking has impacted your child's health too. As a parent or caregiver, you have also done many amazing things to support your child's health.



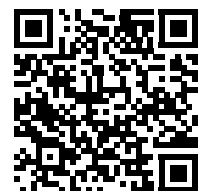
Think about some examples of how you have cared for your child's physical and mental health. Write or draw what comes to mind below:



Check the activities you are ready to do now to protect your child from secondhand smoke.

- Quit smoking
- Quit vaping
- Make my car smoke free
- Make my home smoke free
- Ask other people not to smoke around my child
- Call Quit Now Indiana to learn how to quit
- Others: _____

Children and
Secondhand
Smoke



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.