



PROTECT CHILDREN
from tobacco smoke.

DO NOT SMOKE
while you are
pregnant.



NEVER SMOKE around
infants and children.

- Ask people not to smoke in your home. This includes babysitters, caregivers, friends and family.
- Ask smokers to go outside while they smoke.
- Don't smoke or let others smoke in your car.
- Make sure child care, school and other places children go are smoke-free.
- Help people who are trying to quit smoking.

ASK YOUR PARTNER
and friends not to smoke
around you while you
are pregnant.



• Secondhand smoke is not good for you or your baby.

• You have a greater chance of having a baby who weighs too little.

- Your baby is also at risk for other health problems.



HEALTHY BABY TIPS

FOR THE HEALTH OF YOU AND YOUR BABY
**AVOID SMOKING,
ALCOHOL AND DRUGS**

Tips to remember to take
care of you and your baby

DO NOT DRINK
alcohol or use
drugs while you
are pregnant.



- Whatever you smoke, drink or use may harm your baby.
- Alcohol use can cause babies to be born with small heads, heart defects and other problems.
- Drug use can also cause babies to have brain damage or birth defects.
- If you need help to stop smoking, drinking or using drugs, ask your doctor or local clinic. Get help from your doctor or clinic.



SECONDHAND SMOKE is
especially harmful for a
newborn.

- Smoke can make it hard for babies to breathe.
- Babies have very small lungs and airways and the airways get smaller when babies breathe air with smoke in it.
- A baby also has a higher chance of dying of Sudden Infant Death Syndrome (SIDS or crib death) if a mother smokes while she is pregnant or if there are smokers in the home.

TALK TO YOUR DOCTOR or
clinic before you take any
medicine while you are
pregnant.



- Even some kinds of medicines can harm your baby.
- Tell your doctor or health worker about all the medications and drugs you take. Ask your doctor before you use any kind of medicine, even aspirin.

Call the California Smoker's Helpline at (800) NO-BUTTS or (800) 662-8887 or the Alcohol or Drug Abuse Hotline at (800) 252-6465 to get help quitting for yourself or someone you love.