

Protect your Baby

Quitting commercial tobacco will give your baby these benefits:¹

- Less risk of being born too early or being born with birth defects like cleft lip or cleft palate.
- Less likely to die from sudden infant death syndrome (SIDS).
- More likely to come home from the hospital with you, and higher chance of having a healthy birth weight and growing on track.
- More likely to have normal brain development before birth and through early childhood.



It's a great time to quit!

Quitting commercial tobacco at any stage before, during, or after your pregnancy is a healthy choice for you and your baby.²

Contact **Kick It California** to get free, confidential, personalized help to quit smoking, vaping, and smokeless tobacco.

Call

1-800-300-8086

Visit

kickitca.org

Text

“Quit Smoking” or
“Quit Vaping” to 66819

Download

the free **Kick It: Quit Smoking | Vaping** mobile app

The American Indian Commercial Tobacco Program

1-855-5AI-QUIT (1-855-524-7848)

aiquitline.com

References

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Tobacco & Your Pregnancy



How to protect your baby from the effects of commercial tobacco

Using Commercial Tobacco While Pregnant

Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, and birth defects.^{2,3}

Also, **e-cigarettes, smokeless, and other commercial tobacco products that have nicotine are not safe.** Nicotine can damage a developing baby's brain and lungs. E-cigarettes may have other toxins such as heavy metals, flavorings, and cancer-causing chemicals that are harmful to a developing baby.



Staying Smokefree After Birth

Staying smokefree and protecting your baby from secondhand smoke is important. Babies and young children living in smokefree environments typically have:^{1,4}



Fewer coughs, chest colds, and ear infections.



Lower chances of getting bronchitis, pneumonia, or dying from SIDS.



Less frequent and less severe asthma, if they have asthma.



Fewer missed school days because of asthma attacks and breathing illnesses.

Breastfeeding Benefits

Here's why breastfeeding is good for both you and your baby:^{1,5}

- Gives your baby nutrients that help them grow and develop.
- Protects your baby from illnesses.
- Lowers your baby's risk of diabetes and SIDS.
- Lowers your risk for diabetes, breast cancer, ovarian cancer, and high blood pressure.
- Can help you form a special bond with your baby.

Keep Breastfeeding Healthy

Smoking while breastfeeding exposes the baby to nicotine and other harmful substances through breast milk and secondhand smoke. If it's not the right time for you to quit, here are some ways you can protect your baby:⁶

- Do not smoke near the infant.
- Smoke outside.
- Have smokefree rules for your house and car.
- Change clothes and wash your hands after smoking, before you pick up your baby.