

Parenthood ~ A Great Reason to Quit Smoking!

Quitting smoking is a great thing to do for your health and the health of your children.

If you smoke while you are pregnant:



- Your baby might not get all the food and oxygen it needs to grow.
- You could lose the baby or it could be born before it is fully grown.
- Your baby might be born too little and weak.
- Your baby has an increased risk of Sudden Infant Death Syndrome (SIDS).

If you or others smoke around your baby or children:

- Your children may have more colds and breathing problems.
- Your children may get more ear infections.
- Your children may have trouble learning and paying attention.
- Your child may develop asthma and can have increased, frequent asthma attacks



For Help Quitting Tobacco: 1-800-QUIT-NOW or www.TryToStopNH.org

**For more information about preventing tobacco use, contact
NH Department of Health and Human Services, Tobacco Prevention & Control Program
800-852-3345, ext. 6891**



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org