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SMOKING IN PREGNANCY

Tobacco smoke is not healthy for your baby. Your child depends on you to provide a healthy environment. Those tiny lungs have a lifetime of breathing ahead, so please make sure they get clean air to breathe!

Breathing the air around a burning cigarette is called "passive smoking". Passive smoking causes children to have more colds and ear infections. Children who are exposed to passive smoke in the home are twice as likely to have bronchitis, pneumonia and other lung problems. Passive smoking makes asthma worse. Passive smoking has been linked to lung cancer later in life, even for children who never become smokers. Lung damage builds up silently over time.

As your obstetrician, I urge you to protect your child from exposure both inside and outside the home. Babies are exposed because smoke travels from room to room inside the house. The greater number of smokers or cigarettes, the greater the exposure for the baby. Outside the home, babies can be exposed in cars, daycare, friends' homes and public places.

You may not be able to control all situations, but you can let others know you want clean air for your baby.

- Make a "no smoking" policy for your home and car.
- Sit in the non-smoking section in restaurants and other public places.
- See that daycare workers and babysitters do not smoke around the baby.
- Do not leave ashtrays out.
- Put a "no smoking" sign in your home.
- Ask friends and family not to smoke around the baby.

Keep this information and educate others about the dangers of passive smoking.

