Reasons Not To Smoke After Pregnancy:

If you or others smoke around your new baby or handle your new baby after smoking, he or she will be exposed to the same dangerous chemicals. It’s as if your baby were smoking too.

Babies and children exposed to secondhand smoke have a much higher risk for SUDDEN INFANT DEATH SYNDROME (SIDS).

Did you know that if you smoke after pregnancy, your baby may be more likely to have cavities?

Your baby or child may be at a greater risk for ear infections, asthma, bronchitis, sinus infections, chronic coughs, wheezing, colds, learning disabilities, and harm to his/her brain.

Secondhand smoke causes 150,000 to 300,000 cases of BRONCHITIS and PNEUMONIA in children younger than 18 months.

8,000 to 26,000 children every year develop ASTHMA as a result of secondhand smoke.

IF YOU SMOKE AFTER GIVING BIRTH, YOU ARE PUTTING YOUR BABY’S HEALTH AT RISK.

Did you stop smoking when you were pregnant? What a great start you gave your baby. Why would you want to take that away?

DON’T JUST PLAN TO QUIT, PLAN TO STAY QUIT.
GIVING YOUR BABY A HEALTHY START DOESN’T END AT BIRTH.

FIND HELP TODAY.
For more information contact:
Tennessee Intervention for Pregnant Smokers (TIPS)
Office: (423) 439-6705 Fax: (423) 439-2440
TIPS Web site: http://www.etsu.edu/tips

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