



SMOKING while Pregnant and Exposing a Baby to 2nd or 3rd Hand Smoke is a MAJOR SIDS Risk



- It is estimated that 1/3 of SIDS deaths could be prevented if expectant mothers didn't smoke during pregnancy.
- Chemicals from cigarette smoke affect how a baby's lungs and brain develop.
 - Babies whose mothers smoke during pregnancy have more trouble waking up easily when they need to.
- Smoking or being around 2nd hand smoke while pregnant, increases the risk of preterm birth & low birth weight, which are both risk factors of SIDS.
- There should be NO smoking around pregnant women or babies. It's important for homes and cars to be smoke-free & to eliminate 2nd hand smoke from ALL places in which children & other non-smokers spend time.
- Babies are more susceptible to 2nd and 3rd hand smoke because their lungs are still developing.
 - Because chemicals from 2nd & 3rd hand smoke can be swallowed, inhaled or absorbed through the skin of nonsmokers, babies are at particular risk.
- Up to 90% of nicotine from cigarette smoke can stick to walls, clothes, hair & skin.
- When someone comes into contact with a baby, even if they are not smoking at the time, the baby still comes in contact with those toxins.
- The American Academy of Pediatrics supports elimination of all tobacco smoke exposure, both prenatally and in the baby's environment after birth.