

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.



If you would like to quit and need help, call **1-800-Try-To-Stop** (1-800-879-8678). They will really listen and try to help you quit.

You Can Stop, We Can Help!
1-800-Try-To-Stop



www.chadkids.org/goto/childhealthmonth

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