

# Quitters-Contact 1



AMERICAN  LUNG ASSOCIATION  
of Oregon

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*"We Care About  
Every Breath You Take"*



*M♥O♥M♥S♥ Project*

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AMERICAN ACADEMY  
OF PEDIATRICIANS  
Oregon Chapter

*Because You  
Love Your  
Baby, Keep  
The Air  
Smoke-Free.*





## Why is it important?

- Everyone in the same room with a smoker breathes in that smoke, including your baby.
- Second-hand smoke can harm those you love.
- The smoke from the burning end of a cigarette is filled with more tar and nicotine than the smoke inhaled directly.
- When your baby is forced to breathe in cigarette-polluted air, things happen that you can't see.
  - Your baby's heartbeat speeds up.
  - Your baby's blood pressure rises.
  - Dangerous carbon monoxide seeps into your baby's blood.

## What are the facts?

- Lung illness is twice as common in young children whose parents smoke at home as it is in children of non-smoking parents.
- Asthma can be aggravated by second-hand smoke.
- Babies in their first year have higher rates of pneumonia and bronchitis if their parents smoke at home.
- There is an increased incidence of Sudden Infant Death Syndrome (SIDS) in children exposed to second-hand smoke.
- As they grow older, children of smokers may be shorter and smaller than non-smokers' children.
- Children of smoking parents are twice as likely to smoke when they get older as children of non-smoking parents.



***Because you love your baby,  
don't smoke.***



- Nicotine in your breast milk may be bad for your baby.
- Babies have little lungs and airways. Breathing smoke-filled air causes those tiny airways to get even smaller. Breathing can be blocked or impaired.
- Babies and young children breathe much faster than adults. They inhale more air - and more pollution - compared to their total body weight. Many of their lungs' defenses have not developed yet.

## What can you do?

- If you smoke, stop!
- Don't allow anyone to smoke around your baby.
- For more information, contact the Lung Association office or your pediatrician.