

*What would you do  
to save your child's life?*

The dangers of smoking before & after childbirth.



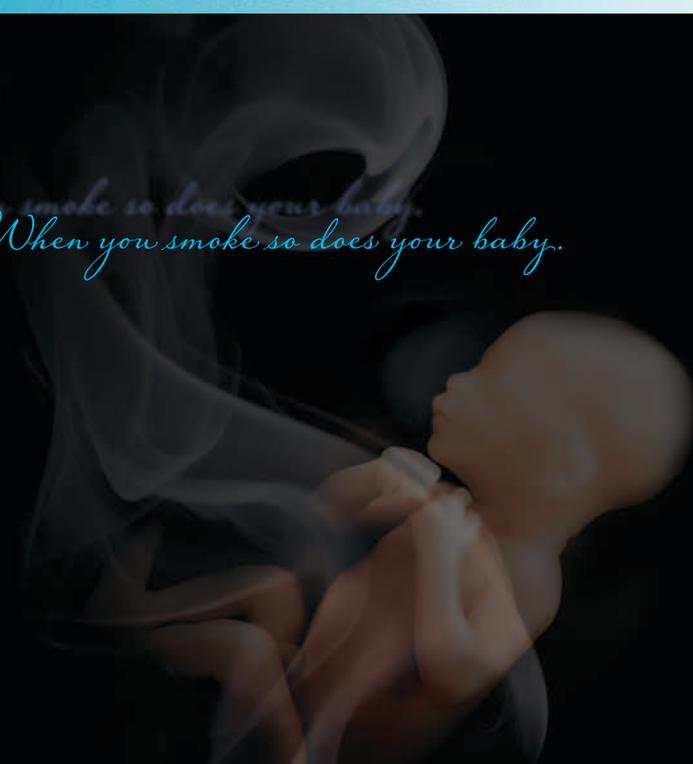


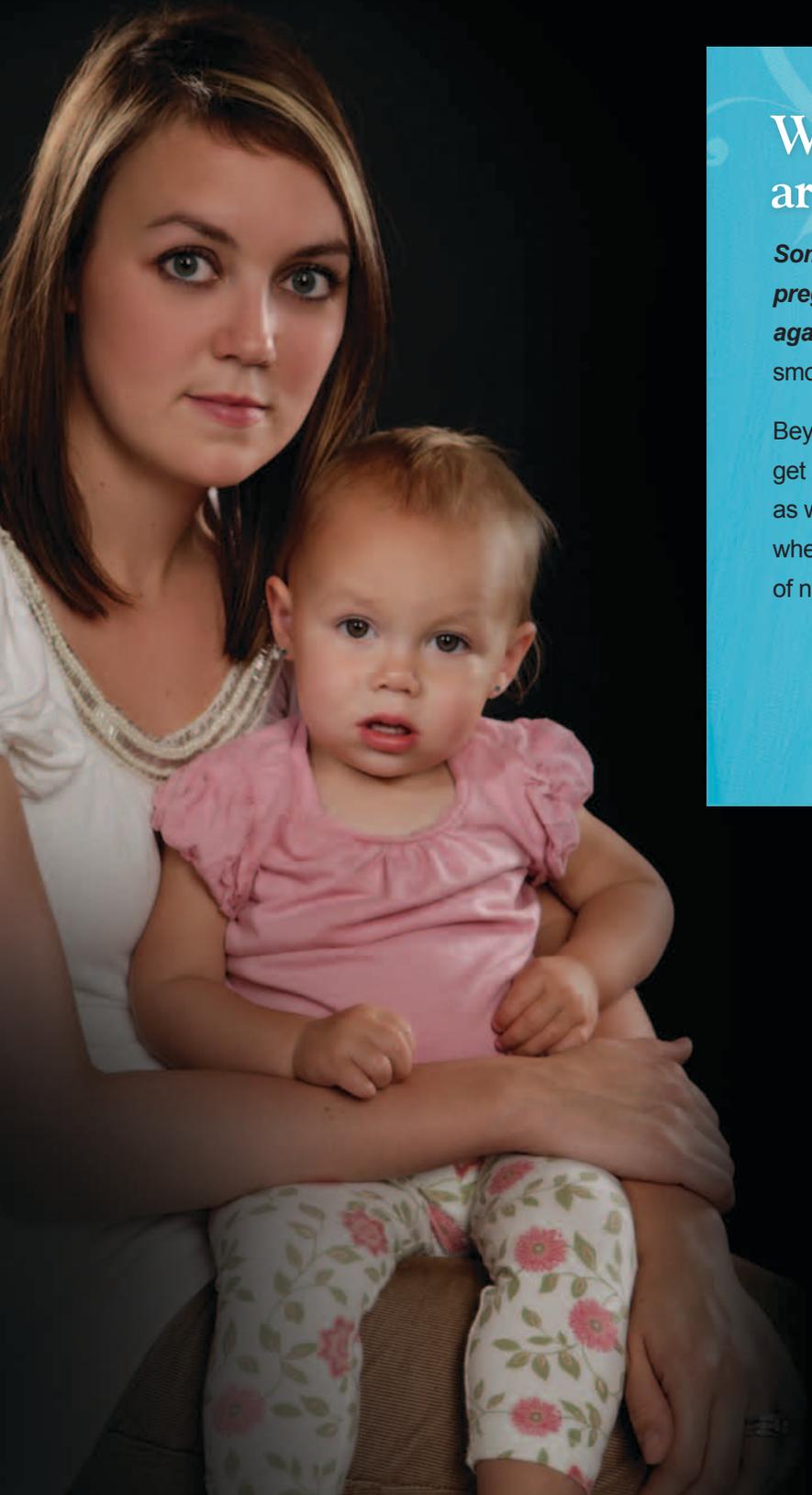
## Would you stop smoking while you're pregnant?

**Studies show that the sooner you quit smoking once you're pregnant, the healthier your baby will be.** When you smoke, you take lethal poisons into your bloodstream. The same bloodstream you share with your baby. Smoking can damage your baby's lungs, and lead to premature birth and underweight babies. The most devastating truth is, babies born to moms who smoke are up to three times more likely to die of Sudden Infant Death Syndrome.

**Please quit smoking as soon as you find out you're pregnant. If you need help, call 1-866-SD-QUITS or visit [SDQuitLine.com](http://SDQuitLine.com).**

*When you smoke so does your baby.  
When you smoke so does your baby.*

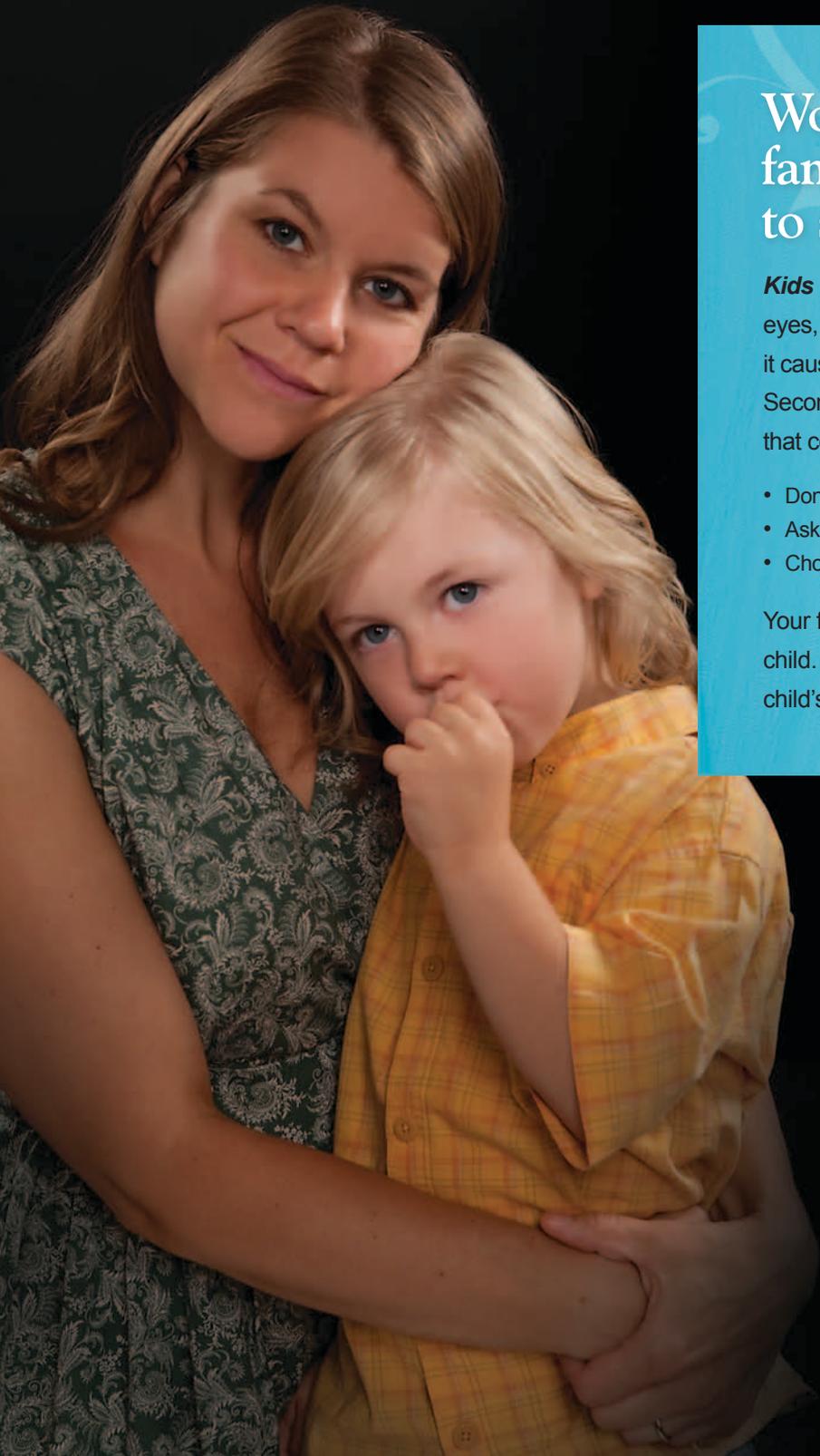




## Would you stop smoking around them?

***Some moms say they can't wait for their pregnancy to be over so they can start smoking again.*** But infants who are exposed to secondhand smoke after birth are also at a greater risk of SIDS.

Beyond infancy, older children of parents who smoke get sick more often because their lungs don't develop as well. They have more bronchitis, pneumonia, wheezing, coughing, and ear infections than children of non-smokers do.



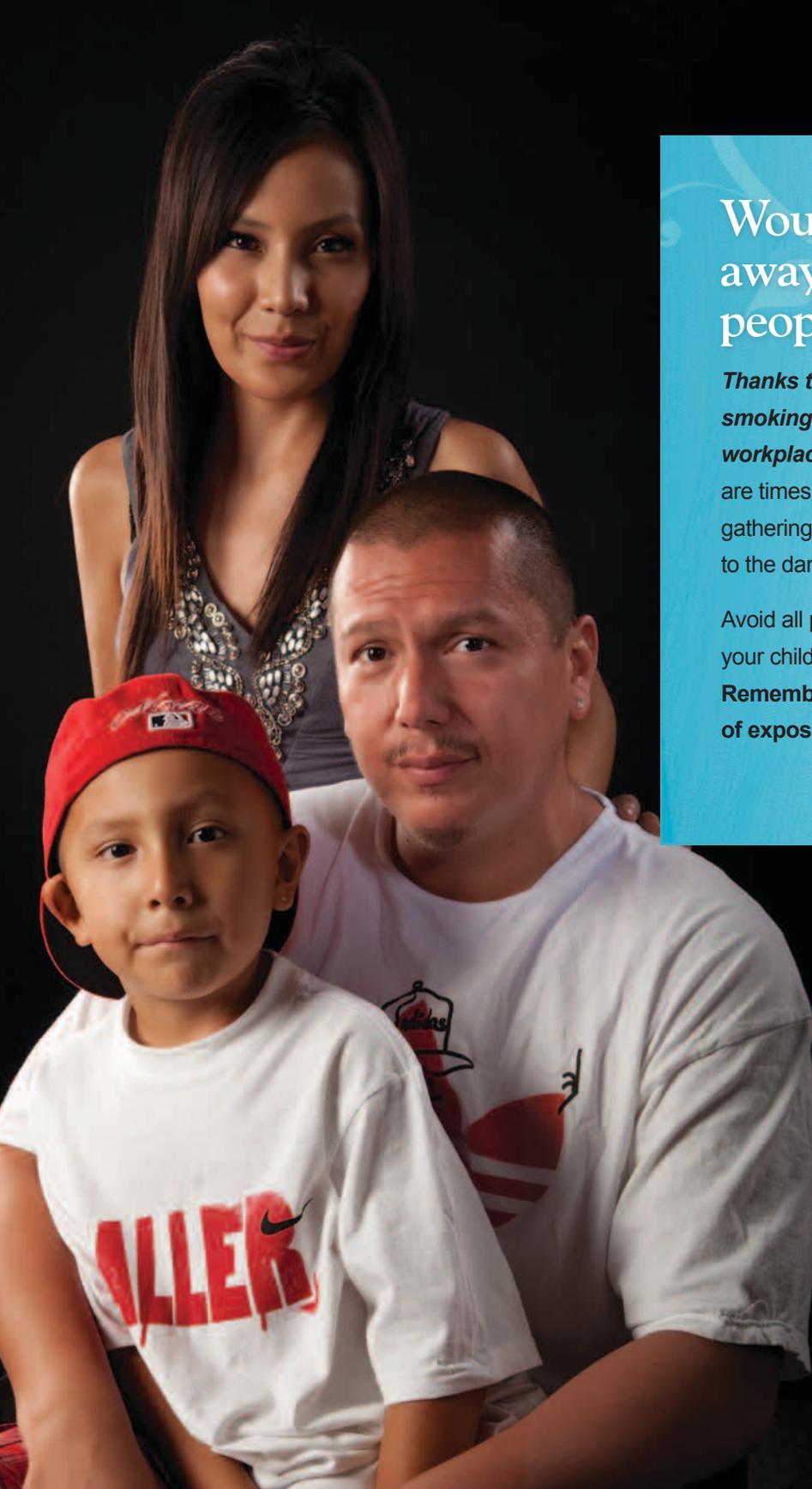
## Would you ask your family and friends not to smoke around them?

***Kids don't like smoke.*** It smells bad, it burns their eyes, it makes them cough. It's more than a nuisance, it causes ear infections and chronic respiratory conditions. Secondhand smoke can *trigger severe asthma attacks* that could actually put a child's life in danger.

- Don't smoke or allow others to smoke in your home or car.
- Ask people not to smoke near your children.
- Choose smoke-free day care centers & babysitters.

Your friends and family would never want to harm your child. They just may not realize that they're putting your child's health at risk. But you do. **Please protect them.**

*It takes courage to  
stand up for your child,  
but if you don't, who will?*



## Would you keep them away from places where people smoke?

***Thanks to recent changes in South Dakota Law, smoking is now banned in almost all public workplaces, restaurants, etc.*** That's good, but there are times at home, in cars, and at family and social gatherings where your children may be exposed to the dangers of secondhand smoke.

Avoid all places where people smoke, and teach your children to stay away from them, too.

**Remember, there is no risk-free level of exposure to secondhand smoke.**



Of course you would...  
because you can choose.  
They can't.

***Our children are completely dependent on us to make healthy choices for them, especially before they are able to walk or speak up and be heard. We are their only protection from the damage secondhand smoke can do to their health.***

***Our children are counting on us. They don't have any other choice.***

*Good for you,  
Good for you,  
Good for the children.*

Call 1-866-SD-Quits now.

***It's free, and it works!*** Two times better than going it alone. Your QuitLine coach will tell you all about our free services and the free quitting aids available to you. All you have to do is dial the number and take the first step. From then on, we'll do this together.



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