



Your reason to stop smoking gets bigger every day...

Quitting smoking while you're pregnant:

- Improves your baby's health throughout their childhood, especially the health of their lungs.
- Makes it more likely that you will have a healthy pregnancy without complications.
- Makes it less likely that your baby will be born early (before 37 weeks) or born with a low birth weight.
- Makes it less likely that your baby will be born with certain birth defects.

Quitting smoking and staying quit is important to your baby's health. Children who grow up in smoke-free homes:

- Are at lower risk for sudden infant death syndrome (SIDS).
- Have lower risk of having bronchitis and pneumonia and have fewer ear infections.
- Are less likely to ever have asthma.
 - Children with asthma who are not exposed to secondhand smoke sleep better and miss fewer school days.
- Are less likely to become smokers as teenagers.



Tobacco-free homes save lives.

KanQuit!

1-800-QUIT-NOW (784-8669)

KSquit.org

Quitting smoking is important for your baby's and your own health. It's not too late to quit, even if you've tried before. Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms? Benefits include:

- 9 counseling calls with a specially trained pregnancy coach.
- Information about the benefits of quitting for you **and** your baby.
- Materials and resources designed specifically to help pregnant moms quit smoking.

The Kansas Tobacco Quitline, a program of the Kansas Department of Health and Environment, is free and available 24/7 to all Kansans.

Additional Resources:

You can reduce the risk of sleep-related death, like SIDS, by giving your baby a tobacco-free environment. You can contact the KIDS Network for more information on safe sleep practices.

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Kansas Infant Death and SIDS Network

www.kidsks.org

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The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (2014).

The Health Consequences of Involuntary Exposure to Secondhand Smoke: A Report of the Surgeon General. U.S. DHHS, CDC (2006).