

Substance Free for My Baby

There is no safe level of substance use for your baby.

For a healthier baby and a healthier you, choose a pregnancy free from Tobacco, E-cigarettes, Marijuana, and Smoke.

Marijuana (medical and recreational)

- Any kind of smoke is a health risk.
- The active ingredient in marijuana (THC) passes from mother to baby during pregnancy and through breast milk.
- Babies exposed to THC can have problems with feeding and may develop slower mentally and physically.

Marijuana Free will help your baby's body:

- Have less risk of developmental problems.
- Be healthier.

To learn more:

www.learnaboutmarijuanawa.org

E-cigarettes

- Most E-cigarettes contain nicotine and other harmful chemicals.
- Liquid nicotine is toxic and just a few drops on the skin or taken by mouth may be fatal to children.
- Haven't been shown to help people quit smoking.

E-cigarette Free will help your baby:

- Have a better chance of full-term delivery and a healthy weight at birth.
- Avoid coming in contact with liquid nicotine.
- Be healthier.

Tobacco

Cigarettes and other forms of tobacco are dangerous to the health of everyone. Nicotine from tobacco passes from mother to baby during pregnancy and through breast milk. It can cause:

- Sudden infant death syndrome (SIDS).
- Premature birth, low birth weight, and stillbirth.
- Poor feeding and irritability.

Smoking tobacco in a hookah has the same health risks as cigarette smoking. One hookah session can be the same as smoking 40 cigarettes.

Tobacco Free will help your baby:

- Have less risk of asthma.
- Have fewer coughs, colds and ear infections.
- Be a healthier birth weight.

Secondhand and Thirdhand Smoke

Secondhand smoke and smoking while breastfeeding exposes baby to nicotine and other harmful chemicals.

Thirdhand smoke contains small cancer causing particles, sticks to floors, walls, clothing, carpeting, furniture, and skin.

Keep smoke outside the home and car.

Smoke Free will help your baby have:

- Less risk of dying from SIDS.
- Less risk of asthma, cough, colds, and lung problems.
- Less ear infections.
- Less trips to the doctor.

If you are ready to quit tobacco, visit Washington State Tobacco Quitline at www.quitline.com

Call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DEJELLO-YA

If you need help quitting marijuana, call Washington Recovery Helpline at 1-866-789-1511

Ask your health care provider if tobacco cessation is covered by your insurance plan.

