

# 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](http://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](http://www.quitline.com).

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

Download the free SmartQuit™ app through [doh.wa.gov/SmartQuit](http://doh.wa.gov/SmartQuit).

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.*

