



Smoking and Kids Don't Mix

First 5 California's mission is to ensure the health and well-being of children ages 0 to 5, and that starts even before they are born. That's why we invest in smoking cessation programs to help parents and caregivers quit smoking or using tobacco products, especially around children or while pregnant.

What we know

- According to the U.S. Surgeon General, smoking is the most preventable cause of poor pregnancy outcomes in the nation.
- Pregnant smokers have more miscarriages, bleeding and other complications during and after pregnancy than nonsmokers.
- Infants are three times more likely to die of Sudden Infant Death Syndrome (SIDS) when born into a house with smokers.
- Nicotine in tobacco smoke damages fetal brain cells — making learning, attention and behavior problems more likely as children grow.
- Chemicals in cigarettes and tobacco products restrict the food and oxygen to babies in the womb — making small and preterm babies more likely among pregnant smokers.
- Quitting is the best thing to do for you and your baby. After just one day of not smoking, your baby will get more oxygen. And each day that you don't smoke, you are helping your baby grow healthy and strong.

READY TO QUIT?

We are helping families quit smoking by providing free and confidential counseling and resources for long-term quitting success.

Call the California Smokers' Helpline today to receive free self-help materials, referral to local resources and one-on-one telephone counseling.

You may be eligible to receive a free four-week kit of nicotine patches as an enhancement to telephone counseling.

HOURS:

Monday through Friday 7:00 am to 9:00 pm
Saturday from 9:00 am to 1:00 pm.

CONTACTS:

English: 1-800-NO-BUTTS
Spanish: 1-800-45-NO-FUME
Mandarin and Cantonese: 1-800-838-8917
Vietnamese: 1-800-778-8440
Korean: 1-800-556-5564
TDD/TYY: 1-800-933-4TDD
Chewing tobacco users: 1-800-844-CHEW

www.nobutts.org

The Helpline is funded by tobacco taxes, through First 5 California and the California Department of Health Services. It is operated out of the Moores Cancer Center at the University of California, San Diego.



Tips to Easy Breathing: Limiting Your Child's Exposure

Don't Light Up Around Kids

- Despite having the second-lowest smoking rate in the country, more than half of California's kids are exposed to tobacco smoke.
- Second-hand smoke is especially dangerous for babies and young children because their lungs are developing.
- It also can cause asthma, pneumonia and bronchitis, and increases child's risk of ear infections.

Breathe Easy at Home

- Kids need a healthy place to learn and grow — and that means keeping your home smoke-free.
- Smoking next to an open window or turning on a fan may seem like a good way to keep smoke out of the house, but it's not enough and it won't get rid of all the smoke.
- Double-check that your child's caregivers don't smoke around your child or in the house, and that they change into clean clothes before holding your child.

Don't Light Up in Cars

- In California, it's illegal for adults to smoke in a car when kids are riding inside because the air quality is unhealthy.
- If you're caught smoking in a car with kids, you could be fined up to \$100.
- So follow the law and don't light up!

DANGERS OF THIRD-HAND SMOKE

- Third-hand smoke is toxic residue that lingers in furniture, walls and other surfaces long after someone has stopped smoking. Over time, this residue is released back into the air, putting children and others at risk. The Surgeon General has determined that there is no safe level of exposure.
- You can't see it, but third-hand smoke sticks on everything — from people's hair and clothes to curtains, carpets and furniture.
- Babies and toddlers are more likely to be exposed to third-hand smoke because they put everything in their mouths and crawl on the floor.
- If your home was previously occupied by a smoker, vigorously wash your walls and ceilings with detergent and hot water to remove as much nicotine and tar residue as possible. Then repaint the walls with two to three coats of nontoxic paint.
- Replace low-cost items like pillows and curtains if they've been contaminated by tobacco smoke. Steam-clean bigger items like couches and rugs to help reduce the exposure to fumes and particles trapped in the fabric.
- Change into clean clothes before holding your child if you've been smoking, have been around a smoker or have been in a place where smoking is allowed.
- Look out for third-hand smoke in cars. Try to avoid buying a used car whose previous owner smoked as the poisonous chemicals can stay on the seats and in the filter system for a long time.
- If you have to drive a car in which someone smoked, use window cleaner to wipe smoke residue off windows and hard surfaces, and shampoo the seats and carpet.