

# Smoking Facts for Dads-to-Be



Region of Waterloo  
PUBLIC HEALTH

## Choose to quit smoking

It is not easy to give up cigarettes but the benefits of quitting smoking can last a lifetime for you and your baby.

### Before Birth... Your smoking affects your partner and unborn baby:

- When your pregnant partner breathes in second-hand smoke, nicotine and other chemicals pass through your partner's blood to your unborn baby
- When your unborn baby gets the chemicals from second-hand smoke, they get less oxygen and do not grow as well

### After Birth... Children and babies who breathe in second-hand smoke are more likely to:

- Inhale more smoke and harmful chemicals than adults, because they breathe faster
- Be cranky, restless, and spit up more often
- Have sore eyes, noses, and throats
- Suffer from more colds, coughs, wheezing, and breathlessness
- Have ear infections and allergies
- Have breathing problems, such as asthma, bronchitis, and pneumonia
- Have problems with learning and development
- Be hospitalized due to illness in their first year of life

- Die of Sudden Infant Death Syndrome (SIDS)
- Have childhood cancers such as leukemia, lymphoma, and brain tumors

### Remember...

- You are a role model for your baby
- It's your decision if you want to continue smoking, cut down or quit. If you continue to smoke, smoke outside to make your home and car smoke-free
- If you and your partner smoke, quit together so you can help each other stay smoke-free
- Quitting smoking will improve your health and the health of your family
- For help with quitting, see your health care provider or call Smokers' Helpline at 1-877-513-5333.

*Information adapted from the Region of Ottawa-Carlton Health Department April 2000*



**Region of Waterloo Public Health**

*Tobacco and Cancer Prevention*