



Keep baby's surroundings smoke- and vape-free during pregnancy and after birth.

Do not let babies share a bed with adult smokers or vape users. By not sharing a bed with these individuals, you are greatly decreasing the chances of death.

Risks of smoking and vaping:

- Smoking while you are pregnant (firsthand smoke) increases the risk of your baby being born too early or having low birth weight, and it can harm your baby's growing lungs.
- If your baby is around those who smoke or vape (secondhand smoke), it can be harder for your baby to breathe and increases the baby's risk of sleep-related death.
- Smoke on your clothes and other objects like blankets and furniture (thirdhand smoke) can also harm your baby.



Ask anyone who smokes or vapes to wash their hands and change clothes before holding or caring for your baby.



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Alcohol and Drugs
Baby Behavior Crying
Breastfeeding
Room Sharing

Let's Talk - Smoke- and Vape-Free

For help quitting call 1-877-YES-QUIT.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

Is it safe to share a room with my baby if I or my partner smokes?

If you or your partner smokes, room sharing is still safer than placing your baby to sleep in a separate room. Keeping your baby's crib or bassinet in your room and close to your bed will help you respond to your baby's needs throughout the night.

You can lower your baby's risk of SIDS by making sure that you or your partner does not smoke in the room where your baby sleeps. Change into clean, smoke-free clothes before sleep. It is never safe to share a sleep surface with your baby if either you or your partner smokes.

Is it still safe to breastfeed my baby if I smoke?

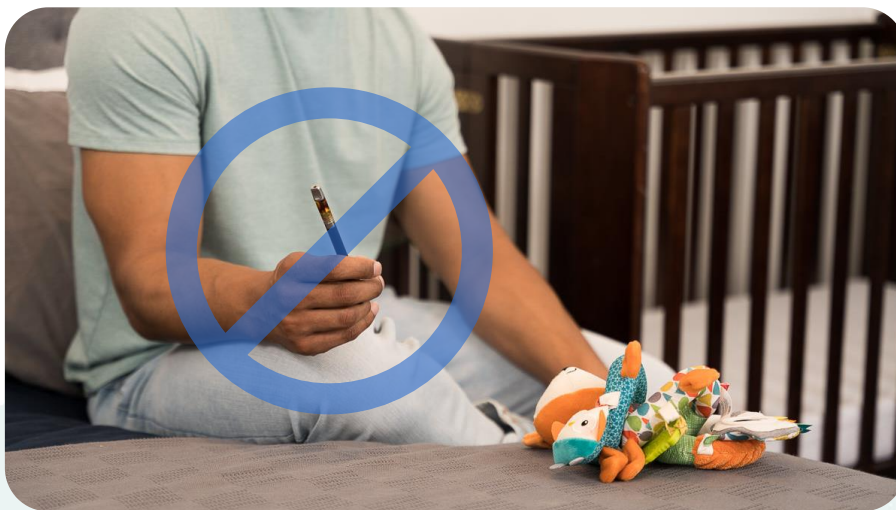
Breastfeeding is still the best source of nutrition for your baby if you smoke and can help protect your baby from SIDS. Wait as much time as possible between smoking and breastfeeding to lower the amount of nicotine in your milk while nursing and try to quit as soon as you can.

If you smoke or vape, the best step you can take for your health and your baby's health is to quit. Though it can be difficult to quit, it's possible and there is help available. There are resources in Texas such as **YesQuit.org** and the quit line (1-877-YES-QUIT) that can help you quit. You or someone you know may qualify for nicotine replacement therapy.

Is vaping healthier than smoking?

While there is still research being done about vaping and SIDS, it is becoming clearer that using **e-cigarettes** likely still puts your child at risk for SIDS due to exposure to nicotine.

The vapor from **e-cigarettes** is often marketed as harmless water vapor. E-cigarettes not use water vapor, they use aerosol. The aerosol includes other things like nicotine, chemicals, and other solid materials. If you vape, get the help you need to quit, and avoid vaping around your baby or vaping in the room where your baby sleeps.



Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:
dshs.texas.gov/SafeInfantSleep