

## Keeping babies smoke and vapour free is everyone's responsibility



## Stopping smoking /vaping is one of the best things you can do for yourself and your baby

### Resources:

- [quitnow.ca](http://quitnow.ca)
- [pregnets.org](http://pregnets.org)
- [women.smokefree.gov](http://women.smokefree.gov)

## Pregnant & smoking / vaping? Have a new baby?

(It is okay to ask for help.)

1. **Set a quit date and find support**
  - Partner, family, friends, healthcare provider, elder, traditional healer, support group, on line resources
  - **Nicotine Anonymous**  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
  - **QuitNow:** Visit [quitnow.ca](http://quitnow.ca) for resources, tools and support online, by phone, chat or text
2. **Finding the cravings too hard to handle?**
  - See your doctor or pharmacist about medications that may help
  - Vapour products are not an approved quit aid and not regulated to assure quality or safety.
3. **Be aware of your triggers and avoid them:**
  - **Find other healthy ways to reduce stress:** walk, spend time with non-smokers, breathing meditation/yoga, get support
  - Use the 4 Ds:  
Delay, Deep breathe, Drink water, Do something else
4. **Make your home and vehicle smoke and vapour free**
  - Your baby needs your help to stay away from tobacco smoke and vapour products including e-cigarettes



Interior Health

## Babies Need Breathing Space



Healthy ideas for you and your baby

## What are the effects while I am pregnant?

Tobacco use in pregnancy is harmful to both you and your baby. It limits the oxygen and food that reach your baby through the placenta. Smoking can also lead to:

- Increased miscarriage or pre-term delivery
- Increased risk of ectopic pregnancy (pregnancy outside the uterus)
- Increased risk of low birth-weight baby
- Increased risk of birth defects

## Babies are more affected by tobacco smoke and are more likely to have:

- Severe asthma and allergy attacks needing hospitalization
- SIDS – Sudden Infant Death Syndrome
- Ear and chest infections
- Learning and behaviour difficulties in later years

## What about vaping?

Vapour products are not approved as a quit aid and are not regulated to assure quality or safety.

Vape aerosols and e-liquids contain a greater concentration of some toxic metals compared to cigarettes.

Vaping liquid containing nicotine is poisonous, particularly to young children. Even in small amounts, it can be very harmful if swallowed or absorbed through the skin.

## Can I still breastfeed if I smoke or vape?

Yes, breastfeeding still provides many benefits to you and your baby even if you are unable to quit at this time.

Breastfeed before smoking, vaping or using nicotine gum, lozenge or inhaler as nicotine can pass through breast milk.

Heavy smoking can reduce a mother's milk supply – cutting down may help.

## Reducing the Harm

- Quit smoking and/or vaping
- Reduce the amount you smoke/vape
- Smoke/vape outside, away from your baby
- Do not let anyone else smoke or vape around your baby
- Do not smoke or vape before or during breastfeeding
- Wear a “smoke/vape-free” shirt after smoking or vaping to reduce the transfer of toxins to your baby
- Buy vapour products with a child-resistant closure and a toxic hazard symbol with the warning ‘POISON’, both of which are required by law.

It is never too late to quit. Benefits to you and the baby start *immediately*, and increase the longer you are smoke and vape free!

## Interested in quitting? Help is available!

**Quitnow.ca:** Free online support by live chat or text, helpful tools and a supportive online community!

Want to talk to a Quit Coach? This free, friendly and professional help line is open 24/7. Call 1-877-455-2233.

**BC Smoking Cessation Program**  
(<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/bc-smoking-cessation-program>):  
Ask your pharmacist about free quit medications.



**First Nations Health Authority Coverage**  
(<https://www.fnha.ca/Documents/FNHA-Quitting-Tobacco-Product-Info-Sheet.pdf>)

## Did you quit during pregnancy? Stay with it!

It may be tempting to start smoking or vaping again after your baby is born. You may feel you deserve a smoke or vape when there is no longer a risk to the baby. In fact, you deserve much more – the health and energy of a smoke- and vape-free life!

You have made it this far and your body has started to heal. Get the help you need to stay smoke and vape free. Talk to your doctor or other healthcare provider, or click or call [QuitNow](https://quitnow.ca).