



Smoking Increases the Risk of SIDS

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant in the first year of life. SIDS is a leading cause of death in infants ages one month to one year.

THE FACTS:

- 5** Babies who sleep on their tummies have a 5 times greater risk of SIDS.
- 3+** Smoking while pregnant increases your baby's risk of SIDS by more than 3 times.
- 2.5** Babies that breathe secondhand smoke are 2.5 times more likely to suffer from SIDS.
- 2** African American babies have a 2 times greater risk of SIDS.

Reduce the risk of SIDS

- Do not smoke while pregnant.
- Do not smoke or allow others to smoke in your home and around your baby.
- Place your baby down on his/her back to sleep.
- Let your baby sleep in a crib in your room.
- Remove anything that may cover your baby's face (pillows, stuffed animals/toys, blankets, bumpers).
- Do not let your baby overheat.
- Breastfeed your baby.

For more information, call the SCNJ Hotline: (800) 545-7437



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What can happen to your baby when you smoke?



SMALL BABY

Smoking when pregnant can lead to premature birth, causing low birth weight.



DELAYS LEARNING

Before and after birth, secondhand smoke can affect babies' brain growth and development.



BLOCKS BREATHING

Secondhand smoke can increase the risk of lung infections and asthma in babies and children, making it hard to breath.



DEPRIVES OXYGEN

Chemicals in secondhand smoke rob the body of getting enough oxygen for normal growth.

To help your family live a smoke-free life, contact:



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888-545-5191

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