

# HEALTHY AND SAFE SLEEP TIPS FOR INFANTS 0-12 MONTHS

## Did you know?

#	Theme	Title
7	Smoking and Sudden Infant Death Syndrome (SIDS)	Did you know that preventing exposure to tobacco smoke, during pregnancy or after pregnancy, reduces the risk of SIDS?

### Preventing exposure to tobacco smoke during pregnancy and after birth reduces the risk of SIDS.

- ◆ Smoking during pregnancy is one of the greatest risks for SIDS. No smoking at all is best for your baby but decreasing the number of cigarettes you smoke can also lower the risk of SIDS.
- ◆ Second-hand smoke also increases the risk of SIDS after your baby is born. Avoid smoking near your baby – in the house, in the car or anywhere your baby sleeps or spends time. If you, your partner, family members or friends choose to smoke, smoke outside and away from your baby.
- ◆ It is best to stop smoking before pregnancy. Stopping or cutting back at any time will make a difference.
- ◆ Ask visitors, your partner and other family members to smoke outside. Clearly identify your home and vehicle as smoke-free. Meet with family and friends in smoke-free public places.
- ◆ Continue breastfeeding even if you smoke. It is best to smoke after breastfeeding. This will reduce the amount of nicotine in the breastmilk for the next feed.

### Links:

- ◆ **Canadian Lung Association – Smoking & tobacco**  
[www.lung.ca/protect-protegez/tobacco-tabagisme\\_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme_e.php)
- ◆ **Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS)**  
[www.pregnets.org/](http://www.pregnets.org/)
- ◆ **Smokers Helpline** [www.smokershelpline.ca](http://www.smokershelpline.ca)
- ◆ **Motherisk** [www.motherisk.ca](http://www.motherisk.ca)
- ◆ **Local public health unit**  
[www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx)