Help Babies Avoid Smoke

Protecting your child from exposure to tobacco smoke may help decrease the risk of ADHD and promote healthy brain development.

Common Symptoms of ADHD

- **Inattention (trouble concentrating)**
- **Hyperactivity (fidgety, trouble acting calm)**
- **Impulsivity (little self-control)**

Benefits of Cutting Back

The less you smoke, the more likely your child may:

- **be calm**
- **be less fussy**
- **sleep better**

With less exposure to smoke, your child may:

- **be less likely for have ADHD**
- **pay attention better**
- **listen better**

And…Quitting is Best!

Why should mothers avoid smoke and break the cycle?

For your **health . . . wallet . . . family**
For your **unborn child**
For your **unborn child's children**

Children with ADHD are more likely to smoke as they get older.

Chemical changes may occur in the child's genes when mother (or father) smokes.

More likely to produce children with ADHD (Attention Deficit Hyperactivity Disorder)

Imagine this string of dots is a gene in your baby's body that helps control attention.

Green dot = Healthy gene

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Red dot = Harmed gene

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Being around smoke may damage the baby's genes, and may make it hard for your baby to pay attention.

The damaged genes caused by smoke exposure may make it more likely that your child and your child's future children will develop ADHD.

Share this with your partner! The less smoke your baby is exposed to, the healthier your baby may be.
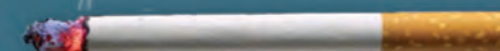
Avoiding smoke is good for you, your child and your child's future children.