

Facts About Secondhand Smoke

- Contains over 4,000 chemicals, more than 60 of which are known to cause cancer.
- It's particularly dangerous to a child's still-developing lungs and body.
- Children who breathe secondhand smoke are more likely to develop ear infections, allergies, bronchitis, pneumonia and more severe asthma. Secondhand smoke can even lead to Sudden Infant Death Syndrome (SIDS).

What if you're ready to quit smoking?

If you're ready to take the extra step of protecting your own health, as well as your children's, by quitting smoking, here is a great service to help you succeed.

Colorado QuitLine – Colorado QuitLine is a completely free, over-the-phone service for anyone calling from a Colorado area code. With QuitLine, you can receive a free supply of the patch as you work with trained coaches who create a personalized quit plan just for you. Your coach will give you the support and tools you'll need to help you quit smoking for good. Those tools include the free supply of the patch, individual coaching, relapse prevention and scheduled calls from your coach. You can contact the Colorado QuitLine by calling 1-800-QUIT-NOW, or you can visit www.coquitline.org.

For more information about secondhand smoke, the One Step and the Four Myths, visit www.RaiseSmokeFreeKids.com.

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STATE TOBACCO EDUCATION
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Funded with proceeds from the 2004 state tobacco excise tax.

ONE step

that protects children from secondhand smoke. And the Four Myths that keep parents from taking it.



the ONE step

Step outside each and every time you smoke. Protecting your children is just that simple.

Even though it may not always be convenient or easy to do, stepping outside to smoke is vitally important to the health of your children. Please, if you're not yet ready to quit smoking entirely, take One Step for your children. Smoke outside your home and outside your car. For your children, make stepping outside your new habit.



the FOUR myths

THE DISTANCE MYTH

"Isn't it safer for my children if I smoke on the other side of the room, or in another room altogether?"

The truth is when you smoke in your home or in your car, there is no safe distance between your smoke and your children. Because air circulates throughout your house, smoking anywhere in your home is the same as smoking everywhere in your home.

THE VENTILATION MYTH

"I always smoke near an open window, or turn on a fan or an air filter. That keeps the air safe to breathe, right?"

The truth is none of these actions can effectively remove the poisonous chemicals in secondhand smoke from the air. In fact, not even the most expensive air-filtration systems that money can buy are able to clear the air of the toxins in secondhand smoke.

THE ODOR MYTH

"If the smell of secondhand smoke is gone from the air, doesn't that mean all the chemicals are gone too?"

The poisonous chemicals in secondhand smoke stay in the air for more than three hours after a cigarette is extinguished—and they can stay in clothes, furniture and carpet for weeks. Covering up the odor with air freshener or smoking when no one else is around does not keep the air in your home or car safe to breathe.

THE QUIT MYTH

"Is quitting smoking the only effective way to shield my children from breathing secondhand smoke?"

While quitting smoking is the only way to completely safeguard your children from secondhand smoke in your home and car, there is another option. You can take One Step for your children—step outside anytime you smoke.



For more information on sleep position for babies and reducing the risk of SIDS, contact the *Back to Sleep* campaign at:

Mail: 31 Center Drive, 31/2A32, Bethesda, MD 20892
Phone: 1-800-505-CRIB (2742)
Fax: (301) 496-7101
Web site: <http://www.nichd.nih.gov/SIDS>

Back to Sleep campaign sponsors include:

Eunice Kennedy Shriver National Institute of Child Health and Human Development
Maternal and Child Health Bureau/HRSA
American Academy of Pediatrics • First Candle/SIDS Alliance
Association of SIDS and Infant Mortality Programs



NIH Pub. No. 05-7040
November 2005



If you use a blanket, place the baby with feet at the end of the crib. The blanket should reach no higher than the baby's chest. Tuck the ends of the blanket under the crib mattress to ensure safety.

Babies Sleep Safest on Their Backs.

One of the easiest ways to lower your baby's risk of SIDS is to put him or her on the back to sleep, for naps and at night. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.

Q. But won't my baby choke if he or she sleeps on his or her back?

A. No. Healthy babies automatically swallow or cough up fluids. There has been no increase in choking or other problems for babies who sleep on their backs.

Spread the Word!

Make sure everyone who cares for your baby knows the Safe Sleep Top 10! Tell grandparents, babysitters, childcare providers, and other caregivers to always place your baby on his or her back to sleep to reduce the risk of SIDS. Babies who usually sleep on their backs but who are then placed on their stomachs, even for a nap, are at very high risk for SIDS—so every sleep time counts!

Enjoy Your Baby!



Fast Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- Most SIDS deaths happen when babies are between 2 months and 4 months of age.
- African American babies are more than 2 times as likely to die of SIDS as white babies.
- American Indian/Alaska Native babies are nearly 3 times as likely to die of SIDS as white babies.

SAFE SLEEP FOR YOUR



BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
NATIONAL INSTITUTES OF HEALTH
Eunice Kennedy Shriver National Institute of Child Health and Human Development



What is SIDS?

SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age.

Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs. But, cribs don’t cause SIDS.

What Should I Know About SIDS?

Health care providers don’t know exactly what causes SIDS, but they do know:



Babies sleep safer on their backs. Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.



Sleep surface matters. Babies who sleep on or under soft bedding are more likely to die of SIDS.



Every sleep time counts. Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it’s important for everyone who cares for your baby to use the back sleep position for naps and at night.



Communities across the nation have made great progress in reducing SIDS! Since the Back to Sleep campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.



Always place your baby on his or her back to sleep.

What Can I Do to Lower My Baby’s Risk of SIDS?

Here are 10 ways that you and others who care for your baby can reduce the risk of SIDS.

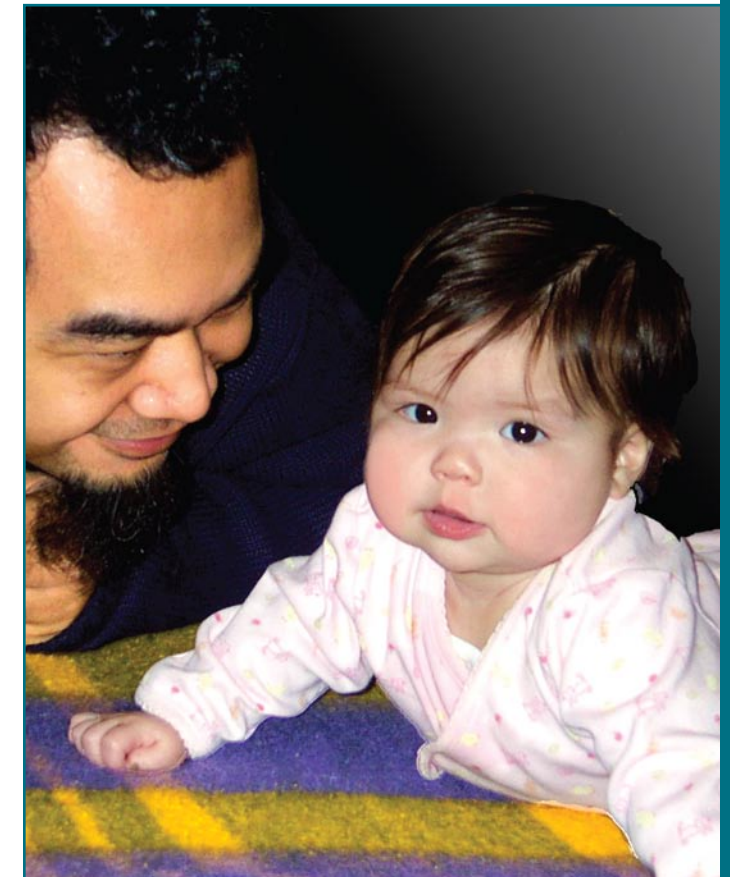
Safe Sleep Top 10

- 1 Always place your baby on his or her back to sleep, for naps and at night.** The back sleep position is the safest, and every sleep time counts.
- 2 Place your baby on a firm sleep surface, such as on a safety-approved* crib mattress, covered by a fitted sheet.** Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.

* For information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.

- 3 Keep soft objects, toys, and loose bedding out of your baby’s sleep area.** Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby’s sleep area, and keep all items away from your baby’s face.
- 4 Do not allow smoking around your baby.** Don’t smoke before or after the birth of your baby, and don’t let others smoke around your baby.
- 5 Keep your baby’s sleep area close to, but separate from, where you and others sleep.** Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside cosleeper (infant bed that attaches to an adult bed) when finished.
- 6 Think about using a clean, dry pacifier when placing your infant down to sleep,** but don’t force the baby to take it. (If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.)
- 7 Do not let your baby overheat during sleep.** Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
- 8 Avoid products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.

- 9 Do not use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions talk to your health care provider.
- 10 Reduce the chance that flat spots will develop on your baby’s head:** provide “Tummy Time” when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.



Your baby needs Tummy Time! Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby’s head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

What is Tummy Time?

Today's babies spend more time on their backs than ever before, due to the important "Back to Sleep" recommendations. Because of this, many babies are missing out on quality tummy time.

Babies need daily time lying on their tummies (also called prone) for adequate strength and body awareness as well as providing a foundation for later developmental milestones. **Tummy time can be provided any time your baby is supervised and awake.**

If you have any questions or concerns regarding motor development or positioning of your child, ask your healthcare provider, a pediatric physical therapist (PT) or a pediatric occupational therapist (OT).



Selected References:

McNamara, J. Feb 4, 2002
Getting Babies to Enjoy Tummy Time.
Advance for Physical Therapists and PT Assistants, 4-5

Alexander R, Boehme R, Cupps. *Normal Development of Functional Motor Skills*.
Therapy skill builders, Tucson AZ, 1993.

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www.blankchildrens.org

tummy time

Tummy Time with Your Baby



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Why Tummy Time?

- **Stronger Babies**

Babies who spend time playing on their tummies become stronger in their neck and arms at an earlier age. Neck strength is needed for head control to progress to eating solid foods.

- **Crawling, Scooting, Hand Use**

By spending time on their tummies, babies learn to move from side to side, which helps them to reach and crawl. It also helps develop and refine their sense of touch.

- **Balance and Coordination**

Tummy time helps develop balance and coordination, which are the foundations for all motor skills.

- **Eye-Hand Coordination**

Vision and eye-hand coordination are enhanced due to easy access of the hands to face and mouth.

- **Calming**

Nestling into a tummy lying position can be comforting and calming to a fussy baby.

- **Confidence and Independence**

Babies are motivated to explore their world as they find they can control their mobility.

As a natural way to introduce your baby to time on her tummy, try placing the baby on your chest as



you are sitting in a reclined position. This is a great way to socialize with your baby while she is lifting her head to see your face.

It is also easier for your baby to work against gravity in this position.



Your baby may play longer on his tummy if it doesn't feel like hard work. To make it easier, try placing a small, rolled cloth under his chest. Place his arms over and in front of the roll. Your face or toys at his eye level will encourage him to stay on his tummy for longer periods of time.

When gradually encouraged to spend time on their tummies, babies can learn to enjoy – and even prefer – this position within a fairly short period of time.