

How Secondhand Smoke Affects Your Child

[Kid voices]: All parents want their kids to be safe, happy, and healthy.

You make sure we're wearing our seat belts.

You try to limit our screen time.

And you try to get us to eat healthy stuff.

But you might miss a danger that's right in front of you—secondhand smoke, the smoke that comes from burning tobacco.

It may look harmless, but tobacco smoke contains hundreds of toxic chemicals.

They're unhealthy for anyone, but especially for us.

And the effects can start even before we're born.

Did you know that when you smoke during pregnancy or even breathe someone else's smoke, the chemicals pass into your baby's body?

That puts your baby at risk of being born early or at a low birth weight, which can lead to long-term health problems.

And many parents aren't aware that breathing secondhand smoke also weakens our lung. So as we grow, we get sick more often.

And when we do get sick, we get more lung infections.

By school age, kids exposed to secondhand smoke may have problems with breathing that make it harder to be active.

Even if you try hard to protect us from your smoke, there's still something called thirdhand smoke that can affect our health.

That's when smoke gets on our clothes, skin, and hair.

And that can cause health problems for us.

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Quitting can be tough, but it's worth doing. You're worth it. And we're worth it.

So if you've ever thought about quitting, now you have one more good reason.

It's one more thing you can do to help us be safe, happy, and healthy.