



SOUTH
SOUND
WOMEN'S
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Substance Free for My Baby

There is no safe level of substance use for your baby.

For a healthier baby and a healthier you, choose a pregnancy free from tobacco, e-cigarettes, marijuana and smoke.

Marijuana (medical and recreational)

- Any kind of smoke is a health risk.
- The active ingredient in marijuana (THC) passes from mother to baby during pregnancy and through breast milk.
- Babies exposed to THC can have problems with feeding and may develop slower mentally and physically.

Marijuana Free will help your baby's body:

- Have less risk of developmental problems.
- Be healthier.

www.learnaboutmarijuanawa.org

Nicotine - Cigarettes, E-cigarettes

Cigarettes and other forms of tobacco are dangerous to the health of everyone. Nicotine from tobacco passes from mother to baby during pregnancy and through breast milk. It can cause:

- Sudden infant death syndrome (SIDS).
- Premature birth, low birth weight, and stillbirth.
- Poor feeding and irritability.
- Liquid nicotine (e-cigs) is toxic and just a few drops on the skin or taken by mouth may be fatal to children.

Smoking tobacco in a hookah has the same health risks as cigarette smoking. One hookah session can be the same as smoking 40 cigarettes.

Tobacco Free will help your baby:

- Have less risk of asthma.
- Have fewer coughs, colds and ear infections.
- Have a better chance of full-term delivery and a healthy weight at birth.

If you are ready to quit tobacco:

Visit Washington State Tobacco Quitline at www.quitline.com Call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DEJELLO-YA Download the free SmartQuit™ app through doh.wa.gov/SmartQuit

If you need help quitting marijuana:

Call Washington Recovery Helpline at 1-866-789-1511

Secondhand Smoke

Secondhand smoke and smoking while breastfeeding exposes baby to nicotine and other harmful chemicals. Keep smoke outside the home and car.

Smoke Free will help your baby have:

- Less risk of dying from SIDS.
- Less risk of asthma, cough, colds, and lung problems.
- Fewer ear infections.
- Fewer trips to the doctor.