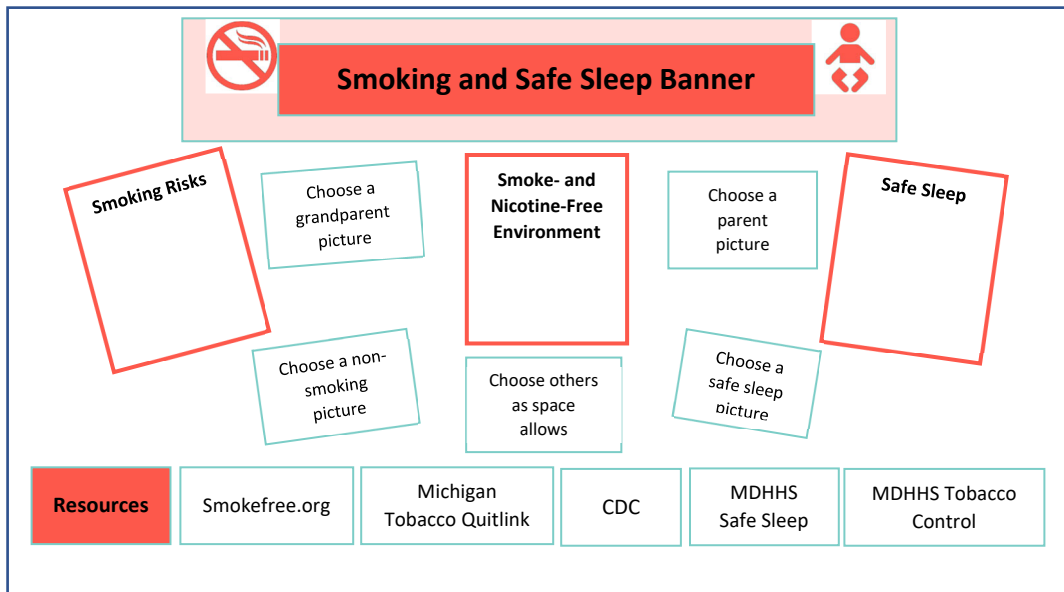


## Smoking and Infant Safe Sleep Bulletin Board Kit Instructions

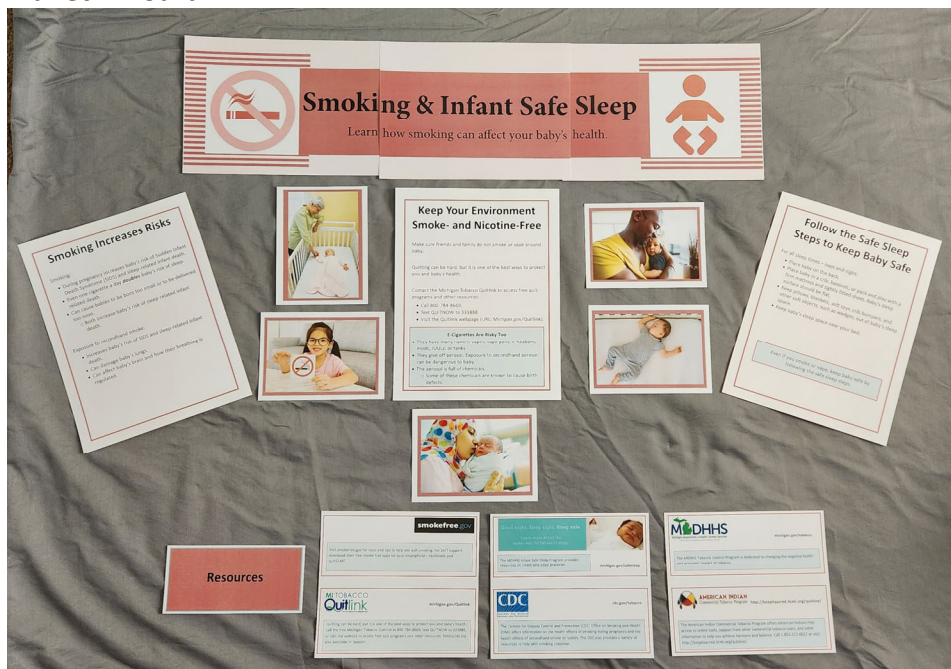
The purpose of this bulletin board kit is to increase client education and awareness of the impact of smoking on safe sleep and increase knowledge of the benefits of keeping babies in a smoke-free environment. The bulletin board is titled **Smoking and Infant Safe Sleep**.

This kit can be printed, cut to fit and displayed in your office. The kit comes with sets of pictures of parents, grandparents, babies in a safe sleep environment and no-smoking images. Choose one picture of each set and display as suggested in the template below. If you have any questions about the bulletin board kit or if you'd like to send us a picture of your bulletin board, email the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

### Template



### Completed Bulletin Board





# Smoking

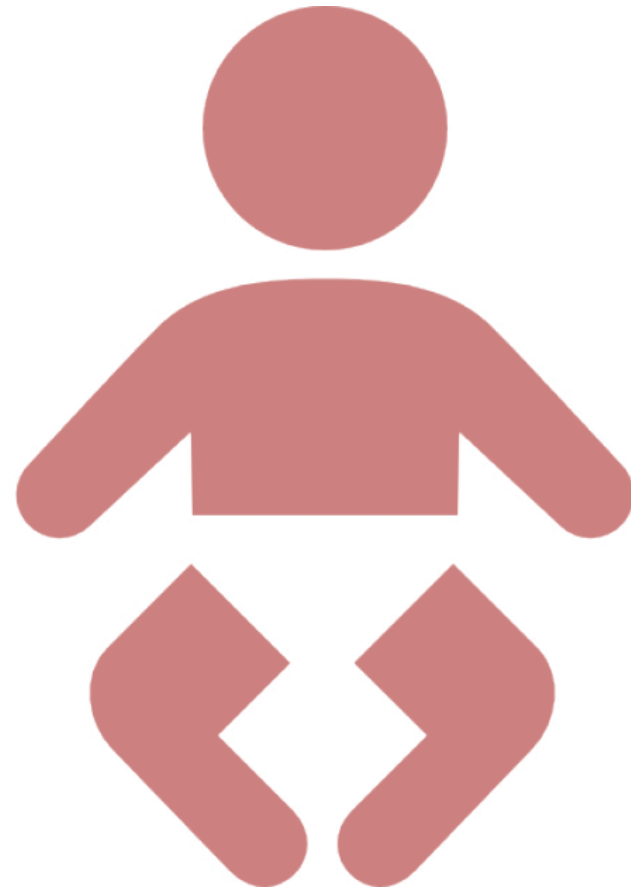
Learn

# ng & Infant Safe

how smoking can affect your baby's

# Sleep

health.



# Smoking Increases Risks

## Smoking:

- During pregnancy increases baby's risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- Even one cigarette a day **doubles** baby's risk of sleep-related death.
- Can cause babies to be born too small or to be delivered too soon.
  - Both increase baby's risk of sleep-related infant death.

## Exposure to secondhand smoke:

- Increases baby's risk of SIDS and sleep-related infant death.
- Can damage baby's lungs.
- Can affect baby's brain and how their breathing is regulated.

# Keep Your Environment Smoke- and Nicotine-Free

Make sure friends and family do not smoke or vape around baby.

Quitting can be hard, but it is one of the best ways to protect you and baby's health.

Contact the Michigan Tobacco Quitlink to access free quit programs and other resources:

- Call 800-784-8669.
- Text QUITNOW to 333888.
- Visit the Quitlink webpage (URL: [Michigan.gov/Quitlink](https://Michigan.gov/Quitlink)).

## **E-Cigarettes Are Risky Too**

- They have many names: vapes, vape pens, e-hookahs, mods, JUULs, or tanks.
- They contain addictive levels of nicotine.
- They give off aerosol. Exposure to secondhand aerosol can be dangerous to baby.
- The aerosol is full of chemicals.
  - Some of these chemicals are known to cause birth defects.

# Follow the Safe Sleep Steps to Keep Baby Safe

For all sleep times – naps and night:

- Place baby on their back.
- Place baby in a crib, bassinet or pack and play with a firm mattress and tightly fitted sheet. Baby's sleep surface should be flat.
- Keep pillows, blankets, soft toys, crib bumpers and other soft objects, such as wedges, out of baby's sleep space.
- Keep baby's sleep space near your bed.

Even if you smoke or vape, keep baby safe by following the safe sleep steps.

























Image courtesy of the Safe to Sleep® campaign, for educational purposes only;  
Eunice Kennedy Shriver National Institute of Child Health and Human  
Development, <http://safetosleep.nichd.nih.gov>.





# Resources





**Michigan.gov/Tobacco**

The MDHHS Tobacco Control Program is dedicated to changing the negative health and economic impact of tobacco.



**AMERICAN INDIAN**  
Commercial Tobacco Program

**<https://mi-americanindian.quitlogix.org>**

The American Indian Commercial Tobacco Program offers American Indians free access to online tools, support from other commercial tobacco users, and other information to help you achieve harmony and balance. Call 1-855-5AI-QUIT or visit <https://mi-americanindian.quitlogix.org>.

**smokefree.gov**

Visit [smokefree.gov](https://smokefree.gov) for tools and tips to help you quit smoking. For 24/7 support, download their free smoke free apps for your smartphone—QuitGuide and quitSTART.



**[Michigan.gov/Quitlink](https://Michigan.gov/Quitlink)**

Quitting can be hard, but it is one of the best ways to protect you and baby's health. Call the free Michigan Tobacco Quitlink at 800-784-8669, text QUITNOW to 333888, or visit the website to access free quit programs and other resources. Resources are also available in Spanish.



**[Michigan.gov/SafeSleep](https://Michigan.gov/SafeSleep)**

## Infant Safe Sleep

The MDHHS Infant Safe Sleep Program provides education and resources on infant safe sleep practices.



**[cdc.gov/tobacco](https://cdc.gov/tobacco)**

The Centers for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH) offers information on the health effects of smoking during pregnancy and the health effects of secondhand smoke on babies. The CDC also provides a variety of resources to help with smoking cessation.