

Your child is worth it!

Making your home smoke-free



COMMUNITY PARTNERS FOR SMOKE-FREE HOMES

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What is a smoke-free home?

- A smoke-free home means that no one smokes inside the home.
- Second-hand smoke spreads from one room to another even if the door of the smoking area is closed.
- Second-hand smoke is the smoke blown into the air by a smoker, and the smoke that drifts into the air from the burning end of a cigarette.

Did you know that . . .

- Second-hand smoke is more harmful to children than adults because their lungs are smaller and they breathe more rapidly.
- Babies who regularly breathe in second-hand smoke:
 - have a greater chance of dying from Sudden Infant Death Syndrome (SIDS), also known as Crib Death;
 - cough and wheeze more than children who don't;
 - have a greater chance of getting asthma;
 - have more asthma attacks, and the attacks can be more severe.

"I didn't know it was that important to keep young kids away from second-hand smoke. Not until our doctor told us that Sarah's asthma is much worse 'cause she's breathing smoke into her tiny lungs. The past two weeks have been awful. We're exhausted from being up with her every night. And my heart breaks to see her so sick."

Father of nine-month old baby

Here are a few tips to make your home smoke-free:

Talk about it!

- Sit down with everyone living in your home to discuss ways to make your home smoke-free.

Get Ready!

- Set up a smoking area outside.
- Remove any ashtrays from inside the home.
- Display a smoke-free home sign on your front door.
- Think about the smokers who will visit your home and consider how you will ask them to smoke outside.

Take Action!

- Be polite, but firm.
- Thank your friends for helping you keep your home smoke-free.

"It wasn't as hard as I thought it would be. When I was pregnant, we just told our friends that we didn't want anyone smoking in the house. Now they all go outside to smoke."

Mother of three-month-old baby

Remember to protect your child from second-hand smoke away from your home as well:

- Don't smoke in your car.
- Visit only smoke-free places, restaurants and homes.
- Find smoke-free childcare.



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Maximizing the benefits of breastfeeding

Studies show that breastfeeding is best for you and your baby – Breastfeeding enhances the baby's immune system and reduces the risk of breast and ovarian cancer for mothers.

- If you are nursing, reducing the amount you smoke or, better still, stopping smoking altogether can help your baby.
- Nicotine in the breast milk can cause:
 - vomiting, diarrhea, and restlessness for the baby;
 - decreased milk production for the mother.
- Even if you smoke, breastfeeding is still the healthiest choice, but remember:
 - Smoke after feeding, not before.
 - Avoid smoking while feeding or holding your baby.
 - Try to cut down the amount you smoke.

For more information on Smoke-Free Homes, or on how to quit smoking, contact your local public health department.

To find the department nearest you, call:

INFOLINE: 1-800-268-1154.

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