

# Your Child and Smoke

When someone smokes near your child, your child smokes too. He or she breathes in poisons from the smoke.

- Smoke can cause asthma and other lung problems.
- Smoke can make colds, flu, asthma or ear infections worse.

You can protect your child. Keep your home and car smoke free.

**Do you make healthy choices for your child? Which of these are true?**

- I do not smoke.
- Our home and car are smoke free.
- My child's daycare is smoke free.
- I talk to my child about the dangers of smoking.
- I tell my child I do not want him or her to ever smoke.

**Did you check any items?** You are making some healthy choices for your child.

**Can you do more?** Your children count on you to keep them

# You Can Protect Your Child From Smoke

**Being smoke free helps keep your child healthy.**

## Keep your home smoke free

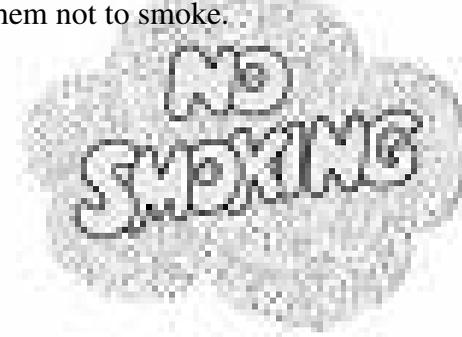
- Ask friends and family not to smoke around your child.
- Put "No Smoking" signs in your home.
- Put away any ashtrays and cigarette lighters.
- Ask smokers to smoke outside and away from your children.



## Keep your car smoke free

Your child cannot get away from smoke inside a car especially with the windows up.

- Ask your friends and family not to smoke in your car whether your child is present or not.
- If your child rides in someone else's car, ask them not to smoke.



## Avoid smoke in public places

- When you can, choose businesses that do not allow smoking.
- Sit in areas where no one is smoking.
- Remove yourself if you are seated around smokers.

## Smoking is not healthy

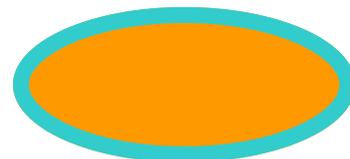
All smoke puts poisons in the air. This includes:

- Smoke that is breathed out by a smoker.
- Smoke that comes from a burning cigarette, pipe or cigar.



## Your Child Learns from You

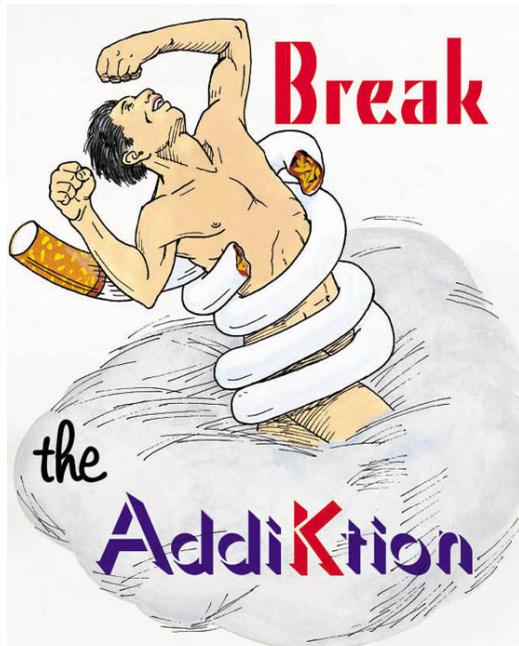
- ✓ **Do not smoke.**
- ✓ **Keep your home and car smoke free.**
- ✓ **If you smoke, stop.**
- ✓ **Support friends and family who want to stop.**



## If People You Know Smoke

Ask the smokers in your life for help. Tell them you want to keep your home and car smoke free for your child.

- Be polite.
- Let them know you are not asking them to quit smoking. (Most smokers want to quit but they may not be ready.)
- Avoid arguing about smoking.
- Talk about ways to keep your



## Talk About Smoking

**Talk with your child.** Some things to say:

- Smoking hurts people's health.
- Some adults smoke. It is hard for them to quit.
- I do not want you to be around people who smoke.
- I will keep you smoke free.
- I do not want you to ever smoke.

**Talk with other people** who care for your child. Ask them to help you protect your child from smoking.

## Teach Your Child

You can teach older children to stay away from smoke. Some things to tell your child:

- Be polite.
- It is OK to tell someone that smoke bothers you.
- If you have to, you can leave the room to get away from the smoke.

Stop Smoking for Life  
**GIVE IT UP!**



### National Council On Drug Abuse

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# Don't Smoke Here

### Child Care tips

