

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

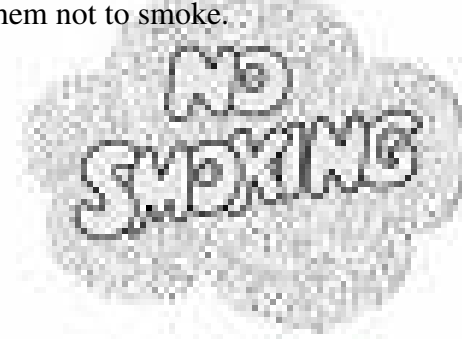
- Ask friends and family not to smoke around your child.
- Put "No Smoking" signs in your home.
- Put away any ashtrays and cigarette lighters.
- Ask smokers to smoke outside and away from your children.



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

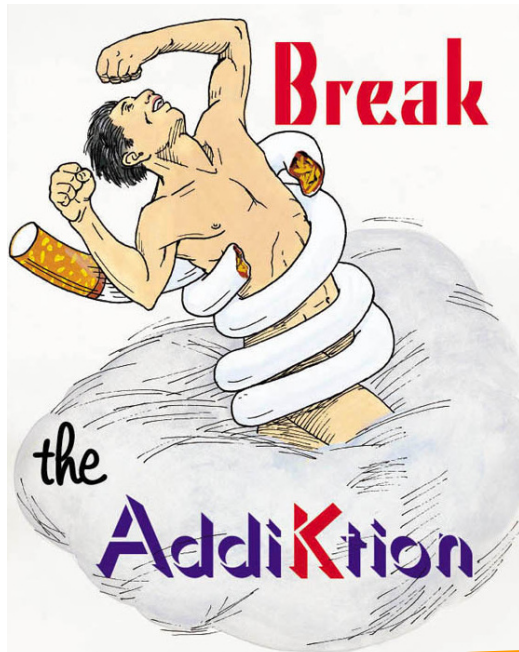
- ✓ **Do not smoke.**
- ✓ **Keep your home and car smoke free.**
- ✓ **If you smoke, stop.**
- ✓ **Support friends and family who want to stop.**



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

