

# Smokefree homes

## Protecting your child's health

Second-hand smoke is made up of two types of smoke: mainstream (breathed in and out by smokers) and sidestream (smoke from the burning tip of a cigarette). Second-hand smoke is dangerous for children as they are growing up because:

- Smoking near children is a cause of serious respiratory illnesses, such as bronchitis and pneumonia.
  - Exposure to second-hand smoke increases the risk of children developing asthma and can cause asthma attacks.
  - Younger children who are exposed to second-hand smoke are much more likely to contract a serious respiratory infection that requires hospitalisation.
  - There is an increased risk of meningitis for children who are exposed to second-hand smoke.
  - Children exposed to second-hand smoke are more likely to get coughs and colds, as well as middle ear disease (which can cause deafness).
- Step right out of your home to ensure it does not affect your children. Also, have a smokefree car at all times as exposure to the chemicals in second-hand smoke is increased in a confined space, even with the windows open.

### Make your home smokefree

- Tell everyone in your house, and any visitors, that your home is now smokefree.
- Keep a pair of slip-on shoes and other all-weather items by your back door, so you can go out anytime.
- Keep an ashtray outside, away from your back door as a reminder. It'll help keep the garden tidy too.
- Can't make it outside? Nicotine replacement methods like patches and gum can help.
- If you smoke, or are exposed to second-hand smoke during pregnancy, it means your baby shares chemicals from the smoke you breathe.

### Walk seven steps from your home

It can help improve the health of your children.

- Your children won't see you smoking, so might not be tempted to start.
- It might cut down the number of cigarettes you smoke.
- It keeps your home smelling and looking fresh.

- 1**  
Smoking anywhere near your children, like in the car, affects their health as well as yours.
- 2**  
Opening a window or standing by the door is not enough to protect children from the effects of smoking.
- 3**  
Step right out and take seven steps from your home to ensure you are protecting your children.

### **Smokefree**

Call 0300 123 1044 or visit [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Source: [www.steprightout.org.uk](http://www.steprightout.org.uk)