

SMOKING AND YOUR BABY



Advice for Parents



THREE GOOD REASONS TO QUIT

- ♥ **For your baby now** – reduced risk of sudden infant death (SIDS), chest infections, asthma and meningitis.
- ♥ **For your next pregnancy** – quit now and you'll have a much lower chance of miscarriage, stillbirth or having a premature or unwell baby.
- ♥ **For you** – more energy, fewer illnesses, more money in your pocket and reduced risk of long term illness like cancer, lung or heart disease.



FACT

Quitting smoking is the most effective way to **protect your child** from the harms of secondhand smoke.



FACT

Two babies die suddenly **every week** in the UK because their mothers smoked during pregnancy or after birth.



FACT

Every year, more than **17,000 children** under five are admitted to hospital in the UK because of the effects of secondhand smoke.



FACT

It's **illegal** to smoke in a private vehicle with someone under the age of 18.



FACT

There is lots of **support** available to help you quit.



FACT

Quitting smoking could save you around **£1600 a year**, based on 11 cigarettes per day.

Q Why is having a smokefree home important?

A. **Over 80%** of cigarette smoke is **invisible** and stays in the air for several hours after a cigarette has been put out. Quitting smoking **completely** is the best thing you can do for your baby. If you are unable to quit, smoking outside, away from the house, also **decreases the risk** that your baby could **die suddenly** or develop middle ear disease, chest infections or asthma.

Q Does it matter if other people in the family smoke?

A. You stand a better chance of **quitting** smoking and staying **smokefree** if your partner or family members also quit. If you are all successful your home will be free from cigarette smoke for your child. The children of non-smokers have fewer illnesses and they are **less likely** to become smokers themselves.

Q Can I get help to quit?

A. **Yes**. You are much more likely to quit successfully with the help of a trained stop smoking professional who can provide specialist support; **medicines** or **nicotine replacement (NRT)** products such as **gum, patches or spray** to help you deal with cravings; and advice about using **e-cigarettes (vapes)**.

Find support and local services at: <https://www.nhs.uk/smokefree>

Q Can't I just open my window?

A. **No**. Opening windows doesn't protect your baby from secondhand smoke, as it's invisible you won't know how much smoke is still in the room. If you need to smoke you should take at least **7 steps outside** to stop smoke drifting inside.

Q What if I'm not ready to quit completely?

A. Some people need to use **other sources of nicotine** to help them keep their home smokefree and/or as a complete replacement for smoking. You can use **NRT** or **e-cigarettes** to protect yourself and your baby from harmful cigarette smoke. There is currently **no evidence of harm** to those around you from exposure to e-cigarette vapour.

Q What should I expect from my health visitor or midwife?

A. You should be:

- **Provided with information** about the risks of smoking and benefits of quitting for you and **your baby**.
- **Encouraged to remain smokefree** and **referred** to a specialist stop smoking service where you can get help to quit.
- Even if you are unable to **quit smoking**, your health visitor will let you know where to get **free NRT** to help you keep your home **smokefree**.