



**MY BABY IS BREATHING...
THANK YOU FOR NOT SMOKING!!**



Benefits of Not Breathing Second-Hand Smoke:

- ◆ It is safer for you, better for a healthier pregnancy
- ◆ It is better for baby's growth and development
- ◆ Your baby will breathe easier
- ◆ Your baby's risk of SUDI will be lower



This workbook has been adapted by Natasha Rawiri RM, Bay of Plenty District Health Board, with permission from the North Carolina Healthy Start Foundation. It is based on a publication distributed by the North Carolina Division of Public Health

Bay of Plenty District Health Board



Do you want the best for your baby?



**Keep your baby safe
from smoke exposure**

How to give your baby a healthy start

Stopping smoking and avoiding second-hand smoke are the best gifts you can give to your children



If you or someone you know needs help to stop smoking contact Quitline for:

- * **Support**
- * **Help with planning**
- * **Information**

Phone 0800 778 778

www.quit.org.nz

Or talk to your midwife or health professional about Quit Support in your community

Patches, Lozenges or Gum?

You can use nicotine patches, lozenges or gum when you are pregnant. These will help ease the cravings and are much safer than smoking. You can get them and find out how to use them from your midwife or by calling Quitline. You will get a "quitcard" to take to the chemist, each product will cost you only \$5 for up to 2 months worth.

My Quitting Checklist

- Make your quit smoking plan
- Set a quit date
- Call Quitline for extra support
- Throw out all cigarettes, lighters and ash-trays
- List the names and phone numbers of people who can support you
- Tell friends and family how they can help you
- Go over your reasons for quitting
- Quit on your 'quit date'

I am ready to do this!
I am going to quit smoking on:

<i>Day</i>	<i>Month</i>	<i>Year</i>
<i>Your signature</i>		
<i>Today's Date</i>		

Best for Baby

No one wants to put their baby at risk. No matter if you're pregnant or a new parent, a smoker or a non-smoker, keeping tobacco smoke away from pregnant women, babies and children should be a priority

2 Forms of Tobacco Smoke affect Non-Smokers

Second-hand Smoke: is the smoke that comes from the burning end of a cigarette, pipe, or cigar and the smoke that is puffed out by smokers. Breathing this smoke can harm non-smokers, including pregnant women and babies.

Third-hand Smoke: is the small particles, gases, and chemicals given off by the cigarette smoke which sticks to walls, furniture, carpet, car upholstery, clothing, skin and hair. It may be swallowed, inhaled, or absorbed through the skin by non-smokers, including babies.

Second-Hand Smoke Facts

- * It affects the health of others around you.
- * Second-hand smoke contains more than 4000 harmful chemicals.
- * Living with a partner who smokes raises your risk of heart disease, stroke, breast cancer, cervical cancer and miscarriage

Short-term effects of being exposed to second-hand smoke

- * Itchy eyes, nose and throat
- * Feeling dizzy
- * Headache
- * Nausea (feeling sick)
- * Trouble concentrating
- * Heart rate speeds up
- * Heart beat becomes irregular



Some people say that quitting feels like losing your best friend...



...But think about what you have to gain.

Telling Others

These people are important to me. I want them to be part of my baby's life. I will let them know that their smoke hurts me and my baby.

Name

What I will Say

Example: Kevin... I know you want the best for our baby, it's best for her if you don't smoke around us.

I can call these friends and family members who don't smoke to babysit.

Name

Phone Number

Involve your friends, family and babysitters to help keep your baby healthy and smokefree

Third-Hand Smoke Facts

- * Third-hand smoke leaves toxic chemicals on hands, clothing, furniture, floors, blankets and toys
- * Third-hand smoke remains long after a cigarette has been put out. Some chemicals can still be detected several months later
- * Babies take in more third-hand smoke because they breathe more quickly and because they spend more time on the floor. They can take in 20 times more third-hand smoke than adults



Tobacco smoke is the most harmful indoor pollutant

Breathing Second Hand Smoke is Harmful

Children are more likely to have health problems if they are exposed to second-hand smoke; WHY?

- * Children's lungs are still growing; their lungs are more likely to be damaged by the harmful chemicals
- * They breathe in more air for their body weight than adults do; this means they absorb more smoke
- * They tend to be more active than adults and absorb more toxins in a smoky room
- * Their immune system is not as developed as adults, they are more likely to become unwell
- * They have less power and are less able to complain about second-hand smoke
- * They are less able to move away from smoky places

Actions I Can Take

3. What can you do to keep away from second-hand smoke?

At Home:

In the Car:

With Friends or Family:

At Work:

Ask people to go outside to smoke and then wash their hands and face and change their shirt before holding your baby or playing with your children

*Make you own
ACTION PLAN*

1. Think about when and where you breathe second hand smoke. *List the places:*

2. What are your reasons for avoiding second-hand smoke? *For example, Smoke Stinks!! It hurts my health and makes my nose itch and eyes burn. List your reasons:*

*Making a plan that works for you will
make it easier to protect your baby
against second-hand smoke*

**Help Your Baby
Breathe Easier**

- * Ask others not to smoke around your baby
- * Ask others not to smoke in your home or car
- * Choose a childcare provider or babysitter who does not smoke
- * Put up 'No Smoking' signs as a friendly reminder
- * Ask smokers to wash their hands and to change clothes before holding your baby

*Remember, most people will not smoke if
you ask them not to.*

The Benefits for your Baby

- ◆ Lowers your baby's risk of dying from Sudden Unexpected Death in Infancy (SUDI)
- ◆ Reduces the risk of your baby developing asthma
- ◆ Lowers chances of bronchitis, pneumonia or croup
- ◆ Results in fewer coughs and colds
- ◆ Reduces the number of sinus and ear infections
- ◆ Promotes healthier lungs for a lifetime
- ◆ Promotes healthier brain development
- ◆ Decreases the risk of childhood obesity
- ◆ Lowers the chances of your child having attention and behaviour problems at school
- ◆ Lowers the chances of your child smoking when they get older

When a Partner Smokes

Pregnant with their first child, Maria worried when Mike smoked. So she asked her midwife how second-hand smoke affected the baby even though she didn't smoke.

Then Maria asked the midwife to talk to Mike about not smoking around the baby after the birth. Together they made a plan for Mike to go to Maria's next checkup.

At the clinic, Mike learned that his smoking put the baby in danger even before it was born.

Mike's first step was to smoke outside. Then he quit smoking in the car. Maria says, "I feel better knowing Mike is helping me and helping our baby to be healthy. The house smells better too!"

Second-hand smoke makes babies' little lungs work even harder and also increases the chances of bronchitis or pneumonia

When Daddy Smokes

Marco tried not to smoke around his daughter and would go outside his house to smoke. However, his baby, Laura, began having asthma attacks. Often her asthma started after Marco had been holding her.

Once, Laura had a really bad asthma attack and was rushed to the hospital.

The doctor told Marco that the nicotine and poisons in cigarette smoke (third-hand smoke) stuck to his hands and clothes. His smoking had triggered Laura's asthma attacks.

That was enough of a warning for Marco. He quit smoking cold turkey.

Laura's breathing improved, thanks to her dad.

Fathers can protect their families from second-hand and third-hand smoke.

Now... A word about Cigars

Congratulations on your new arrival!!

Thinking about passing out cigars to celebrate your baby's birth??

THINK AGAIN

The amount of smoke from 1 cigar equals 3 cigarettes and is even more poisonous.



There are many health benefits for other family members who avoid second-hand smoke. They may have fewer breathing problems, be less likely to get colds, the flu or heart disease, and less likely to die young compared to people who breath second-hand smoke.

Parents Stories

Many parents want to ask others not to smoke near their baby. This can be awkward, especially when talking to family members. But most people will not smoke if asked nicely. These stories may help you.

When Grandparents Smoke

Renee and her husband didn't want their new born son exposed to cigarette smoke when they visited her parents. "It was difficult and my parents were offended at first," said Renee, when she asked them not to smoke around the baby, even in their own home.

Her mum and dad wanted to see their grandson. They made one room in the house the baby's room and did not smoke in there.

Renee was glad her parents tried to change. But, she knew the smoke was all around and still got into the baby's room.

*Opening a window may help clear the air, but it is not good enough.
Make the house smoke-free*

Suggestions if Grandparents Smoke

- ◆ Have fewer visits at the grandparents house during the winter when the house is closed up.
- ◆ Visit more often in the warm weather when you and your baby can be outside.
- ◆ Invite the grandparents to your house to visit the baby, remind them that your house is smoke-free
- ◆ Both mums and dads should talk with family members and caregivers about the dangers of second-hand smoke.

Kids exposed to second hand smoke may not do as well as other kids at school. They also have double the risk of getting dental cavities.