

KEEPING CHILDREN SAFE FROM SMOKE

Advice and information



ADVICE ABOUT SMOKING TOBACCO, SHISHA OR CANNABIS

For parents and carers

KEEPING YOUR FAMILY SAFE

This guide has been developed to offer, advice, information and support to parents and carers that smoke tobacco, shisha or cannabis.

Although you might not be ready to stop, there are still things that you can do to keep children safe.

If you feel ready and able to stop smoking, you will also find some sources of support and help to help you in this guide.



KEEPING CHILDREN SAFE AT HOME

Children exposed to secondhand smoke are more at risk of asthma, colds, ear problems, and chest infections.

If you smoke tobacco, shisha or cannabis, the safest thing to do is to take 7 steps outside the home before you light up. This can help protect your family from secondhand smoke and it will also help keep your home smelling fresh too.

Going into a different room or smoking at the backdoor or window does not stop children breathing in the smoke as it creeps into other rooms - even when the doors are closed.

Some parents smoke when their children are not in the home. However, secondhand smoke can linger for hours after. Also, children's clothes and school books can smell of smoke or cannabis when they go to school.



SMOKING IN CARS

To protect children from the dangers of secondhand smoke, it's illegal to smoke in cars and other vehicles with someone under 18 present.

There is no safe way to smoke in a car with children present. Even with the windows down, children are still exposed to secondhand smoke and dangerous chemicals.

While many parents are rightly very careful not to smoke around children, many children are still exposed to secondhand smoke in cars.



WHAT IF I'M READY TO TRY TO STOP SMOKING?

If you can stop smoking, you'll live longer and feel better. It doesn't matter how old you are or how long you have smoked for. Stopping can be difficult. But, it's the most important thing you can do to look after your health. You'll also protect the people around you from breathing in your smoke.



QUOTES FROM PEOPLE WHO HAVE STOPPED

"I used to always have to shower before I saw my baby grandson as I didn't want him smelling the smoke on me. Since I've quit, my clothes and hair no longer smell and I've got much more money!"

"I didn't realise shisha was as harmful as cigarettes. Then I spoke to an advisor in the NHS who explained that it can also cause cancer, heart disease and breathing problems. This made me stop straight away. I missed it at first but now I feel so much fitter!"

"I thought by smoking at the kitchen window, it was safe for the kids. I realise now that smoke lingers after and can travel from room to room. I decided to quit for my family and it's the best thing I've ever done. I used the Smoke Free app which really helped me to see the benefits and get support when I had cravings. I got it for free as I live in Manchester. I have a lot more energy now and I've started walking instead of having a cig when I'm feeling stressed".

THE BENEFITS OF STOPPING SMOKING

Stopping smoking is one of the best things you'll ever do for your health. When you stop, you give your lungs the chance to repair and you'll be able to breathe easier. There are lots of other benefits too - and they start almost immediately. It's never too late to quit.

Giving up cannabis use completely can bring a number of health and lifestyle benefits. For example, a recent study shows that memory improves significantly within the first month of abstinence.



QUITTING SMOKING IS EASIER WITH THE RIGHT SUPPORT

Local stop smoking services are free, friendly and can massively boost your chances of quitting for good. Whether it's for your health, for your kids, to save money, or something else, you're more likely to succeed if you get support. If you would like support, you can meet with a nurse who will listen to you, and help you make a plan for how you'll quit. They'll offer you free products for your nicotine cravings, like patches, gum or prescription medications, e.g., Champix.

SUPPORT FOR YOU

Be Smoke Free, is a service for Manchester residents, or anyone registered with a Manchester GP.

Contact details:

Phone: 0161 823 4157

Email: manchesterbesmokefree@cgl.org.uk

Online: <https://www.changegrowlive.org/be-smoke-free/contact#refer>

Change Grow Live (CGL) can also offer support with drugs or alcohol, You can find a service near you [here](#).

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Grow
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