

Smoke-free places for you and your baby

There are lots of places to take your baby where people aren't allowed to smoke:

- children's play parks and school playgrounds
- in a car
- public transport and waiting areas
- cafés and restaurants (including outdoor tables)
- shops and shopping centres.

These days, people understand that smoke is bad for children. When you are around people who smoke try to explain that it's bad for the baby if you breathe in their smoke.

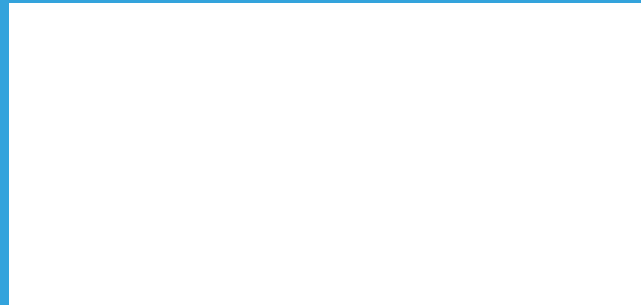
See if you can find a way to do this without being disrespectful. Maybe you can just point at a 'Smoke -free zone' sticker.

Since July 2009, there's a law against smoking in a car if there is a child under 16 with you. The driver and any passenger who smokes will be given a \$250 on-the-spot fine.

Your baby needs you to quit

If you would like some help with quitting, talk to your health worker, midwife or doctor. For the cost of a local call you can also get information and support from Quitline.

Call **13 7848 (13 QUIT)**
or go to icanquit.com.au



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Artwork by Bronwyn Bancroft
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Quit for new life

How to protect your baby from passive smoke



How to protect your baby from passive smoking

When you are pregnant, even if you don't smoke, breathing in other people's smoke can still harm your baby.

And once your baby is born, they need you to protect them from this second-hand smoke.

- Move to a smoke-free area if you are out in public.
- Put smoke free zone stickers or magnets around your home.
- Remove all ashtrays from inside.
- If you have an outside smoking area, make sure it is away from open windows and doors.
- Always keep ashtrays out of reach of children.

Why passive smoke is harmful

Babies and young children have less developed lungs than an adult. They also breathe faster than adults – so if they're in a smoky room they will take in more smoke.

Breathing in smoke from other people's cigarettes is likely to give them asthma and chest infections.

Did you know smoke sticks to clothes and skin?

Cigarette smoke can stick to clothes and then your baby can breathe it in.

Even outside, cigarette smoke can drift through the air where you don't see it.

- It's a good idea for anyone who is going to hold your baby to put a shirt or jacket over their normal clothes when they smoke. Then take it off before they hold the baby.
- They should also wash their hands and face after every cigarette.
- Try not to sit or stand right next to someone when they are smoking.
- Keep your outdoor smoking area away from washing lines. The smoke will stick to your baby's clothes and bedding.

