



Why children need smoke-free and vape-free homes



[**quit.org.au**](https://quit.org.au)



Babies and children have small, delicate lungs that are designed to breathe clean, fresh air to power their brains and body.

What is second-hand smoke and vape aerosol?

Every time you're with your children and you smoke or vape, they breathe in the tobacco smoke or vape chemicals that you breathe out. They also breathe in the smoke from a burning cigarette.

Health problems from second-hand smoke

Babies who breathe in second-hand smoke are more likely to have:

- › weaker lungs
- › serious chest infections
- › wheezing illnesses



They are also **more likely to go to hospital** and die from cot death (Sudden Unexpected Death in Infancy or SUDI).

Prevent accidents at home

Nicotine is a poison

Tobacco, tobacco ash and most vaping liquids contain nicotine. Babies and children who eat cigarettes – even a butt – can become very sick.

If they drink or splash vaping liquid on their skin or in their eyes, it could make them very sick and even kill them.

Keep out of reach of children



Cigarettes & butts



Cigarette ash



Lit cigarettes



Vaping devices



Vaping liquid



Lighters & matches

Matches, lighters, lit cigarettes and faulty vaping devices can cause serious **burns**, **injuries** and **house fires**.

Lit cigarettes and ash have caused **burns** and **eye injuries** to many babies and children.

Stub your cigarette out completely every time and put it in a bin.

Children of all ages are harmed by second-hand smoke

They are more likely to develop serious illnesses, such as:

- › asthma
- › glue ear (a swelling or infection of the ear) – a common cause of hearing loss and surgery
- › meningococcal disease – in some cases this causes hearing loss, loss of a limb, mental disability or death.

Children who breathe in second-hand smoke are more likely to:

- › have weaker lungs
- › wheeze, cough, become breathless more easily
- › miss school because they are sick
- › begin to develop heart disease
- › have breathing difficulties during surgery.



The more you smoke around your child, the more likely they will have health problems.



Make your home and car smoke-free and vape-free

The best way to protect children is to:

- › always smoke or vape outside away from children
- › shut windows and doors so smoke or vape aerosol doesn't drift inside
- › stop smoking or vaping for good. When you are ready, Quitline is here to help you.

If you smoke, it is very important not to share your bed with your baby (even if you always smoke outside). Put baby to sleep in a safe cot in your bedroom.

Did you know? By law, a car carrying children must be smoke-free and vape-free.

➔ **You are your child's first role model. When parents quit smoking, their kids are less likely to take up smoking later in life.**

Help to stop smoking and vaping

The best way to stop smoking is to talk with Quitline plus use stop smoking medications. Your doctor or pharmacist can talk to you about which stop smoking medications would suit you best.

Quitline counsellors can also help you stop vaping or support you if you are using vapes to stop smoking.

What is Quitline?

- › We are a free counselling service that can help you break free from smoking or vaping
- › We care and we don't judge
- › We will work together with you to find out what you want to do about your smoking or vaping
- › We can help build your motivation and skills and create a step-by-step plan
- › Your call is private and confidential.

Quitline® 13 7848

To contact Quitline:

- › Call **13 7848**
- › Ask Quitline to **call you back** for **free** at **quit.org.au/callback**

There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Scan the QR code or visit **quit.org.au/quitline**



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