

Don't smoke near pregnant women or children

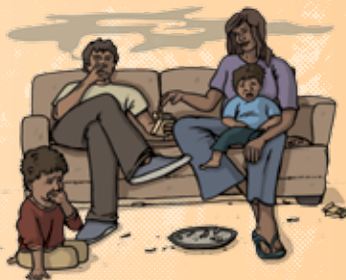


If you smoke near a pregnant woman it will affect her and her baby.

If you smoke near children they will be affected by the smoke.

Second hand smoke increases the risk of a child developing asthma, middle ear disease, and causes poor lung development, chest and breathing illnesses, and behavioural problems.

The risk of Sudden Infant Death Syndrome (SIDS) is doubled in children exposed to second hand smoke. Children who live with smokers are more likely to start smoking.



Things you can do about second hand smoke:

- Don't smoke in the house or in the car



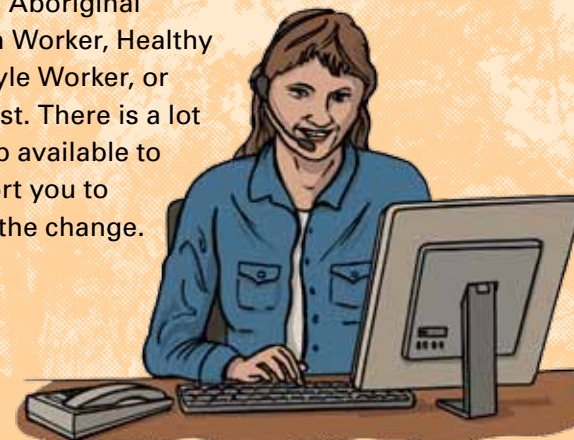
- Make a family plan and set some rules about smoking
- Put up signs so everyone knows
- Make a place outside for smokers, and tell the kids to keep away.



Let's work together to give our kids a healthy start



If you want to quit or cut down your smoking call Quitline 137848, talk to your doctor, midwife, nurse, Aboriginal Health Worker, Healthy Lifestyle Worker, or chemist. There is a lot of help available to support you to make the change.



Local service provider:



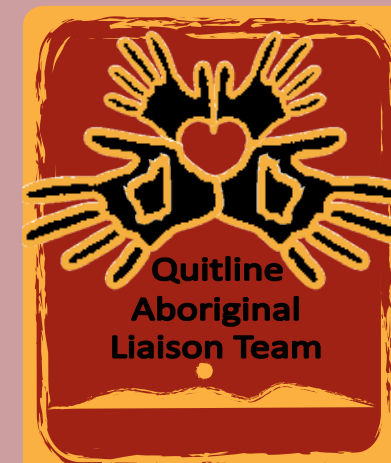
Quitline 13 7848



Government of Western Australia
Drug and Alcohol Office

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Quitline 137848

Getting the best start – Protecting our children and pregnant women from second hand smoke

Our family rules about
second hand smoke:

1. Don't smoke near our kids

