

## **Keeping Children Smoke-Free**

As January is Tobacco Reduction Month, this is a good time to think about how to keep your child's environment smoke-free.

### **Tobacco Facts:**

- Tobacco smoke contains over 4,000 chemicals including at least 70 which are carcinogenic or cause cancer.
- The top 6 toxins which are released when a tobacco product is burned are: tar, nicotine, carbon monoxide, formaldehyde, hydrogen cyanide, and benzene.
- Besides cancer, smoking is responsible for many other diseases.
- Because children breathe faster than adults, they are particularly sensitive to second-hand smoke. Asthma rates are much higher in children whose parents smoke, and children are more likely to develop ear infections if exposed to second-hand smoke.
- E-cigarettes are not recommended by Health Canada because of possible health risks, nicotine poisoning and addiction.

### **Tips for Talking to Children:**

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- Talk to your child about peer pressure and practice how to say "No".

### **What Else You Can Do:**

- Quit smoking, and/or be a positive role model.
- Protect your child from second-hand smoke.

**Need Help?** Go to: [www.smokershelpline.ca](http://www.smokershelpline.ca) or call toll-free **1-877-513-5333**.

<http://www.nbatc.ca/en/>

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-eng.php>