

Updated July 2017

## **Keeping Children Smoke-Free**

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

### **Tobacco Facts:**

- Tobacco smoke contains over 4000 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 or vaping is not recommended by Health Canada because of possible health risks, nicotine poisoning and addiction. Nicotine free or flavoured vaping products are also not recommended.

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

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- If your children are involved in sports, remind them that remaining smoke free will help their performance in physical activity.
- Talk to your child about peer pressure and practice how to refuse smoking or vaping.

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

- Quit Smoking, being a positive role model is important
- Protect your child from second hand smoke
- Speak out and support smoke free spaces in our communities.

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

**Resources:** NB anti-tobacco Coalition: <http://www.nbatc.ca/en/>

Health Canada: <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html>