



Why don't you stop?

- Smoking can damage every part of your body causing cancers and chronic diseases such as strokes, heart disease, blindness and infertility.
- Set a date when you will stop.
- Find someone who will stop with you and you can encourage each other.
- Physical exercise (even just walking) is a great, healthy distraction.
- Take one day at a time. "I won't smoke to-day".
- Get rid of ashtrays, lighters, pipes. You really don't need those reminders any more.
- Manage cravings by chewing gum or crunchy carrots.
- Phone the Cancer Association or the Quit line at 011720 3145 for advice on how to stop.

Stopping is the healthiest decision you can make for yourself and for your children.



Ensure the best start

for the brightest future for your child

**Look after little lungs.
Don't smoke near children
and pregnant women**



Western Cape
Government
Health

BETTER TOGETHER.

FIRST
1000 days
Right Start. Bright Future.

No smoking during pregnancy!

- Everything the mother eats, drinks and smokes is carried in her blood to the unborn baby.
- Pregnant women should not smoke at all because it harms the unborn baby.
- The thousands of poisons in cigarettes can damage the development of the unborn baby's brain. Some of these poisons are petrol, moth balls, toilet cleaner, rat poison, nail polish remover etc.
- Pregnant women should avoid places where there is smoke.
- Pregnant women should never smoke a hookah (water pipe). It is the same as inhaling 100 cigarettes during one hubbly-bubbly session. This is very dangerous to unborn babies.
- If a pregnant woman smokes then there is a greater risk of the baby being born before its due date. The baby also has a greater risk of being born dead.

Some of the poisons found in cigarettes.



How does smoke affect the health of kids?

- Children of smokers are more likely to get asthma. Asthma is made much worse if the child's caregivers smoke.
- Kids get more chest and ear infections and they take longer to get better if their parents smoke.
- Babies of smokers are more likely to be born with a cleft lip or palate (when the lip or roof of the mouth does not join properly).
- Babies and small children have under-developed lungs. Smoke damages their lungs so that they can't fight germs. They can be sickly most of the time.
- Tobacco smoke sits on the clothing of a smoker and is breathed in by the baby and it can trigger reactions in the baby's lungs.
- Tobacco smoke is breathed out into the baby's face long
 - after the smoker has put out a cigarette. This smoke can
 - affect the baby's breathing.
- Children are more likely to start smoking if their parents smoke. Encourage your children to not even start smoking.

What can smoking parents and caregivers of kids do?

- All tobacco products are harmful. The smoke from cigars, pipes and vapours from e-cigarettes can damage your child.
- Never smoke near a child.
- It is against the law to smoke in a vehicle if an under 12 child is present.
- Smoke outside the home. Take a few deep breaths before going back inside.

A pregnant woman who wants to stop smoking before or during her pregnancy can ask at the clinic for help.