

Ways to help families go smoke-free

- Help them set a date to make their home and car smoke-free
- Encourage them to discuss plans with family and friends, and ask for their support
- Get the kids to design no smoking signs to display
- Put cigarettes out of sight
- Remove ashtrays from the home and car, put them outside
- Create a comfortable space outside if they have access to somewhere to smoke
- Make a list of other things they can do to distract themselves and change old smoking routines
- Provide information on local pharmacy for nicotine replacement products (NRT) such as patches, gum, inhalators to use for temporary abstinence
- Electronic cigarettes are new and it's not yet known how safe or effective they are, but if a parent wants to try using an e-cig it will be better for both them and their children than smoking tobacco
- Supply them with leaflets and resources containing hints and tips on going smoke-free. These are available from www.rightoutside.org



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Taking Action on Smoking and Health

This leaflet uses information from the REFRESH project, a collaboration between ASH Scotland and the Universities of Aberdeen and Edinburgh, funded by the Big Lottery

Further information:

- www.ashscotland.org.uk/go-smoke-free/smoke-free-homes
- www.rightoutside.org

Discussing second-hand smoke with families



A pocket guide for professionals

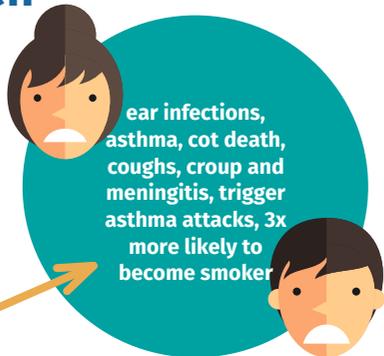
Some facts about second-hand smoke



- Second-hand smoke (SHS) contains over 4000 chemicals, many of which cause cancer
- Most of the smoke particles are so small that 85% of the SHS is invisible, odourless and can linger for up to 5 hours after a cigarette is stubbed out
- Many families take action by smoking at back door or with windows open but we know that smoke still easily travels throughout the home
- To eliminate all SHS exposure, smoking should be taken right outside with the door closed
- There is no safe level of second-hand smoke exposure but we know the longer a child is exposed, the more likely they are to have health problems

Risks to children

- Children are more vulnerable to the risks of SHS exposure because they have smaller airways, their immune systems are still developing and they breathe faster than adults
- Exposure to second-hand smoke increases the risk of a child developing . . .



Addressing common myths

- Smoking within one room, at the back door, or with windows open for ventilation doesn't protect your family
- Smoke still travels throughout the home, wherever the child is they will still breathe in harmful chemicals



Benefits of smoke-free homes & cars

- Children will be healthier
- Children will be less likely to smoke in their teens
- Reduced risk of cot death
- Their home will no longer smell
- Pets will be healthier, lowering vets bills
- Lower risk of accidental fires
- Stopping smoking may be easier

How to discuss with families



- Consider if the parent is likely to be receptive? Is the time and place right to raise the issue?
- Be non-judgemental, respond to statements openly and with empathy
- ASK – if anyone smokes in the home or car, if so where about? Any areas where smoking is not allowed?
- ADVISE – Highlight benefits of making the home/car smoke-free. Explain you are NOT asking them to quit, only to take smoking completely outside to protect children from the harms
- ACT – Help parents/carers to identify ways to reduce second-hand smoke exposure, be realistic on what can be achieved. If any barriers raised, encourage them to think of solutions to enable them to make their home/car smoke-free
- FOLLOW UP – At a later date ask again, confirm any positive changes and encourage them to continue. Acknowledge difficulties and if they do not feel able to progress at this time then revisit at a later date.