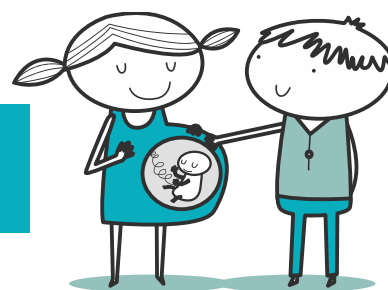


Parent Wellbeing Tip Sheet



Smoking

While you are pregnant or raising a young child it is important to avoid smoking.

Tobacco smoke will linger in an area for five hours after someone has smoked there. Your baby can be harmed by inhaling the second hand smoke. Tobacco smoke can also reach your baby through your breath, clothes, hair and skin.

These are some simple tips to follow:

- Quit smoking and encourage people around your baby not to smoke.
- For help quitting, have a look at the 'Smoking and Your Baby' tip sheet from [Having a baby in WA](#) or visit <http://www.quitnow.gov.au/>
- Smoke outside, rather than in the house or the car.
- Keep the area around your baby as smoke-free as possible.
- Designate a 'smoking outfit' which you keep outside to change into when you smoke.
- Cover your hair with a shower cap or scarf.
- Wash your hands and brush your teeth after smoking.
- If you are breastfeeding and unable to quit smoking at this time:
 - smoke straight after a breastfeed
 - do not breast feed if you have smoked recently, the longer the time between smoking and a breastfeed, the less nicotine your baby will be exposed to through your breast milk
 - remember that it takes 97 minutes to halve the nicotine levels in your breast milk