

## Children and second-hand smoke



Babies and children are particularly sensitive to the effects of tobacco smoke. There is no doubt that it is best for both you and your child that you give up smoking entirely. If you aren't ready to quit smoking right now, you can nevertheless protect your child from the damaging effects of smoke. It is therefore crucial that you do not smoke near your child. It is important when a child is living in a household that the decision be made to not smoke in the household. Keep in mind that the one way to protect children from the damaging effects of tobacco smoke is to forbid smoking in around the child – both at home and in the car – as children inhale second-hand smoke from those smoking nearby. Smoking interferes with breastfeeding and can both make it more difficult to begin breastfeeding and result in earlier weaning because milk production is less than it would otherwise be. Babies receive nicotine and other substances contained in cigarettes through their mothers' milk. Should a child be exposed to second-hand smoke, the likelihood that they will get sick increases, as does the risk of developing respiratory infections, ear infections, asthma and allergies. Children who constantly breathe in tobacco smoke are two to four times more likely to develop respiratory infections.

Everyone has a chance to quit smoking. Talk to a midwife, nurse or doctor at your health care clinic and get advice, support and information on assistance in quitting. Experience shows that people are more successful in quitting if they get support in doing so. The support of spouses and family also makes a big difference.

### Who should I go to for advice, information and assistance?

Midwives in prenatal care at health care centres across the country

Nurses in paediatric care at health care centres

Doctors in paediatric care at health care centres

Miðstöð mæðraverndar: 5851400

The Smoke-Free Line, over-the-phone assistance for those who want to quit smoking:  
800-6030

The Icelandic Cancer Society (Krabbameinsfélagið): 540-1900

Lýðheilsustöð: 5800-900

Lyf og heilsa pharmacies

### Websites in Icelandic with information on support in quitting smoking:

[www.lydheilsustod.is](http://www.lydheilsustod.is)

[www.8006030.is](http://www.8006030.is)

[www.reyklaus.is](http://www.reyklaus.is)

[www.ljosmodir.is](http://www.ljosmodir.is)

### Websites in English

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

[www.smokefreefamilies.org](http://www.smokefreefamilies.org)