

## **The benefits of a smokefree home and car**

- The benefits to your family begin immediately, the minute you do not allow smoking in your home or car**
- You will reduce your children's risk of becoming unwell with coughs and chest infections**
- You will reduce the risk of your children developing glue ear which can lead to hearing problems**
- Reduce the risk of your children developing asthma or if they have asthma stop this from getting worse**
- Your children's lungs will grow without them being harmed by the effects of secondhand smoke**
- You will reduce the risk of your children developing lung cancer and heart disease when they are older**

- **You will stop your children from breathing in around 150 cigarettes every year**
- **You will no longer have over 4,000 chemical polluting the air in your home and car**
- **Your home will smell fresher and cleaner**
- **If your children do not see you smoking they will be less likely to smoke themselves when they are older**
- **Other family members with health problems will benefit from a smokefree home**
- **You will reduce the risk of a fire starting in your home**