



## What you can do at home

1. Protect your children from tobacco smoke at all times.
2. Until you quit, do not smoke around your children. Smoke out-of-doors and away from your children.
3. Until you quit, do not smoke where children can see you. If children see you smoke, they may come to believe that smoking is a healthy behavior.
4. Quitting can be difficult, but don't quit quitting! Call 1-800-784-8669 for the free Michigan Tobacco Quitline.

## What you can do about child care

1. Choose child care carefully.
2. Express your concern that you don't want your children exposed to secondhand smoke.
3. If smoking is allowed, you have the right to look for healthier child care options for your child.

**Remember:** Children exposed to tobacco smoke can become ill.

**Therefore:** Protecting children from tobacco smoke is good medicine. Your child's health depends on it.

## FOR MORE INFORMATION, CONTACT:

- Your family doctor or your child's doctor.
- Michigan Department of Community Health  
Health Promotions & Publications  
Tobacco Section  
109 W. Michigan Ave.  
P.O. Box 30195  
Lansing, Michigan 48913  
(517) 335-8376
- Michigan 4C Association  
Community Coordinated Child Care  
839 Centennial Way  
Lansing, Michigan 48917  
1-800-950-4171

For Free Help with Quitting, Call  
**1-800-784-8669**

*Michigan Department  
of Community Health*



**Rick Snyder, Governor**  
**James K. Haveman, Director**

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A note for parents on  
**Smoking  
Around  
Children**



## Did You Know That Children Exposed to Tobacco Smoke Can Become Ill?

Tobacco smoke contributes to 150,000 to 300,000 respiratory infections in babies every year. These infections are the cause of 7,500 to 15,000 hospital stays annually.

### **Tobacco smoke causes:**

- A higher rate of throat infections.
- Up to 26,000 new cases of childhood asthma every year.
- Up to 80 percent more wheezing, coughing, and production of sputum than normal.
- More repeated ear infections.
- It may also contribute to a permanent decrease in lung function.

If smoking is allowed in your home or where your child is cared for,  
**READ THIS.**

### **Secondhand Tobacco Smoke**

It is well known that smoking is dangerous to health. It causes death from cancer, heart disease, and lung disease. Secondhand smoke may cause children to develop asthma or cause more severe asthma attacks in children who

already have asthma. Secondhand smoke is harmful to everyone.

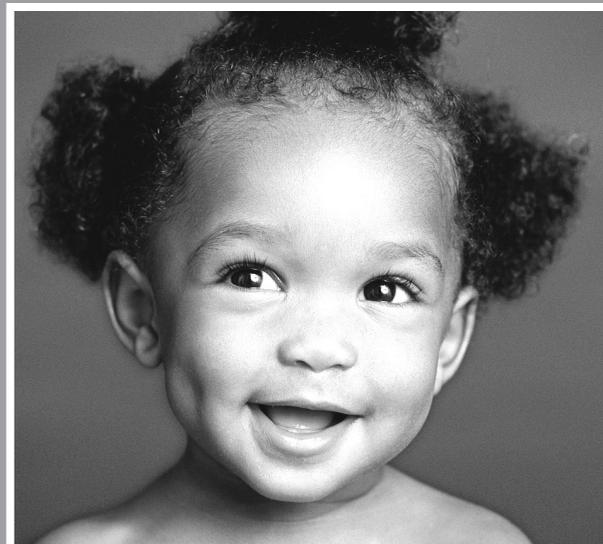
Secondhand smoke is a combination of exhaled smoke from a smoker, and smoke from the burning end of a cigarette. This smoke contains a mixture of toxins and chemicals – at least 50 are known to cause cancer in humans.

Long after you can no longer see the smoke, harmful chemicals remain on clothes, furniture, and in the air. These chemicals are harmful to everyone, especially children.

### **If you smoke**

If you smoke in your home or car, your child is breathing in your smoke. Studies show that nicotine from secondhand smoke can be found in your child's urine.

Your child's lungs undergo important growth during the first two years of life. If an infant regularly breathes secondhand smoke, it may hurt lung growth and may cause a permanent decrease in lung function.



Smoking by the mother or anyone in the home around the baby is also associated with Sudden Infant Death Syndrome (SIDS), the main cause of death in babies between one month and one year of age.

## Smoking, child care, and the law

In choosing a child care provider, there is much to consider. Make sure the house is smoke free, especially if they are not licensed.

The Dr. Ron Davis smoke free law protects children who attend licensed child care centers from exposure to tobacco smoke. This law prohibits smoking on the grounds of child care centers, inside the centers, and in all related buildings.

Children in family or group day care homes are given limited protection by a law that prohibits smoking when children are present, but does not require the home to be smoke free. (Providers must also notify parents if they smoke in their homes when children are not present.)

However, your child may be cared for in an unlicensed home. It is up to you to find out if people smoke at the home where your child is in care. A healthy environment for your child is your responsibility. It is also your right.