



# Quitting together for a smokefree home

**A smokefree household gives your baby and children the best chance of a healthy start in life.** So if anyone smokes in your household with children and babies, there has never been a better time to quit together.

## Become smokefree together

Quitting smoking for good isn't easy, especially if you live with other people who smoke.<sup>1,2</sup> But secondhand smoke can harm babies and children.<sup>3</sup>

**Secondhand smoke** is the smoke you breathe out when smoking, and from the lit end of your cigarette - that children and babies can breathe in.<sup>4</sup>



With the help of partners, family and friends, people are more likely to successfully quit.<sup>3</sup>

## Six steps to quit smoking together:

### 1 Agree your reasons to quit

Secondhand smoke can cause serious health problems for babies and children. So, if there are under 18s in the household, that's an important reason to quit. There are other good reasons too, like protecting your own health and saving money. Write down your main reasons to quit, and read them again together when things get hard.

### 2 Talk to each other about your worries



Talk about how smoking can harm babies and children, like Sudden Infant Death Syndrome and asthma<sup>5</sup>



Have a chat about things you might struggle with when quitting and how you could overcome them



Ask each other to talk about how you are finding quitting



Chat about what brings on a cigarette craving and ways you can cope

### Not sure how to bring up quitting? Try these conversation starters:

*"I'm worried about how smoking might harm our children - can we talk about quitting together? I know it will be hard but I think it's really important."*

*"Quitting smoking will be tough and I can't do this on my own. I need your support to help protect the baby."*

### 3 Set a date to stop smoking

Pick a date as soon as possible to quit smoking. Always make sure no one smokes in your home, including any visitors, and make sure nobody smokes near children or a pregnant mum.



### 4 Make a plan

Write down ways you can prepare for quitting together. Here are a few to get started:

**Clear your home** of things that remind you of smoking



**Tell friends and family** that you're quitting smoking together and ask for their help



**Create distractions** with things that you enjoy together, like watching a movie



**Avoid smoking spots** and places that remind you of smoking



**Get help together** by asking your healthcare professional such as a health visitor, pharmacist, GP or local stop-smoking service



### 5 Quit day

Now it's time to quit and create a safer, smokefree home for your family, together.

**Remember to be supportive – quitting is hard and there will be tough moments. Instead of nagging or arguing, be encouraging to help each other stay on track.<sup>1</sup>**



### 6 Celebrate

The first few days and weeks can be hard, but once you get to 28 days without smoking, you're 5x more likely to quit for good – so keep going!

**By working together, your household can become smokefree to protect your own and your families' health.<sup>6</sup>**



**Want more information on becoming a smokefree household?**

**Talk to your health visitor or pharmacist – or contact your local stop-smoking service.**

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3. NHS Smokefree. Passive smoking. Available at: <https://www.nhs.uk/smokefree/why-quit/secondhand-smoke>. Last accessed: February 2024.
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6. GOV.UK. 95% of ex-smokers see positive changes soon after quitting. Available at: <https://www.gov.uk/government/news/95-of-ex-smokers-see-positive-changes-soon-after-quitting>. Last accessed: February 2024.