

# Smokefree Families Oxfordshire

This guide is designed to help professionals working with families to have positive conversations that raise awareness of the dangers of second-hand smoke in the home and to actively encourage and signpost to support services that can support smokers to quit.



Children, babies, other adults and pets are all exposed to second-hand tobacco smoke –

## a toxic cocktail containing over 4,000 chemicals.

Children exposed to habitual smoking behaviours can inhale the equivalent of **up to 150 cigarettes per year**. And because children and babies breathe faster and deeper than adults, they are at much greater risk from the effects of second-hand smoke.

Children whose parents or care-givers smoke are **FOUR TIMES MORE LIKELY** to smoke than those where there is no smoking in the home. Some children therefore don't get the same chance of a smokefree life compared to others.

### Key Messages:

Tobacco smoke can harm other people in the home. When they breathe in tobacco smoke:

- Babies and children are most prone to chest infections and meningitis. If they have asthma, their symptoms will get worse.
- Pregnant women are more at risk of premature birth. Their baby is more likely to be born a low weight and unwell.
- Babies are also more at risk of cot death and an ear infection called glue ear.

Quitting smoking is the best way for everyone to stay healthy and people are more successful if they get support from a trained advisor and use nicotine patches, gum or vapes (e-cigarettes) to manage cravings. Quitting smoking can actually improve mental health. When people stop smoking, studies show that anxiety, depression and stress levels are lower and quality of life and positive mood improve.

If quitting isn't currently an option for the parent, encourage them to take the smoking outside, right outside and not just out of an open window.

# 1. The Ask

Attend one of the free, one hour, webinars on how to have a good conversation about smoking and if it's appropriate, consider a conversation about smoking with a parent or caregiver.

Book a **FREE** place

on the Eventbrite website.  
INTRODUCTION TO  
VERY BRIEF ADVICE:  
30 SECONDS TO SAVE A LIFE  
TICKETS |  
MULTIPLE DATES

Children who grow up around smokers are **FOUR TIMES** more likely to start smoking themselves when they get older.

In Oxfordshire, **10.1%** of young people under the **age of 17**

smoke regularly. Children growing up in smoking households are more likely\* to become smokers themselves.

Nationally, **62%** of pupils reported being exposed to second-hand smoke in the home or in a car.

\* Health matters: Prevention - a life course approach - GOV.UK ([www.gov.uk](http://www.gov.uk))  
\*\* Part 4: Smoking patterns among young people - NHS Digital

# 2. Smokefree Cars

It is illegal for anyone to smoke in vehicles with children present. The law was introduced in 2015 to help protect children from the dangers of second-hand smoke. Under the ban both the driver and the smoker can be fined £50 if anyone smokes in a vehicle with a person who is under 18.

Despite what people might think, opening the car windows does not remove the harmful effects of second-hand smoke. Even with the window open, levels of dangerous

chemicals are more than 100 times higher than recommended safety guidelines. With the windows closed and the fan on, levels of chemicals can be more than 200 times higher than safety guidelines.

Significant harm can be caused by smoking in a confined space such as a car and highlights the importance of protecting children against the effects of second-hand smoke in confined spaces.

# 3. FREE Support

We support people aged 16 and over who live in Oxfordshire and who want to make their home a smokeFREE environment.

## 4-week /12-week Quit:

The Stop for Life Service provides up to 12 weeks of FREE health coaching to support individuals to quit by week 4 of 12. Referrals coming to Stop for Life will be paired with a coach who will support their quit journey.

## Smoking Cessation Medications:

Our support includes providing access to Nicotine Replacement Therapy (NRT) subject to availability.

## E-cigarettes:

New guidance says that using e-cigarettes is as effective as using NRT. Our stop smoking service is working to provide e-cigarettes for FREE as part of a quit attempt from 2022.

## Best-You:

Stop for Life's FREE online app that parents and caregivers can use as their own personal platform to communicate, create goals and track your progress. Families can create goals for smoking, healthy eating, alcohol, weight and activity and track their progress against their goal each day with motivational feedback. Best-You is full of helpful guidance with a specialised area on mood and stress.



# 4. Benefits of a smokefree home

- Children are likely to be healthier with less risk from coughing, wheezing and chest infections; asthma; behavioural problems; learning difficulties; sudden infant death; middle ear infection or glue ear; heart and lung cancer later in life: or missing school through illness.
- If an individual smokes, they may find it easier to give up if their house is smoke-free – and if they're an ex-smoker they are less likely to start again.
- Parents will find reduced symptoms of respiratory conditions such as asthma and chronic obstructive pulmonary disease, and decrease their risk of developing cancer or heart disease.
- The family home will be cleaner, smell fresher, and need redecoration less often. As a result, will be more attractive to potential buyers.
- Family pets are likely to be healthier and live longer.



# 5. Top Tips to Support Families to Quit

- **Set a date**  
to make their home smoke-free.
- **Tell family and friends**  
encourage parents to ask for their support and explain their reasons for quitting.
- **Be positive**  
encourage a positive attitude and remind them of the many benefits of going smoke-free.
- **Make some no-smoking signs**  
get children involved and put them up as a reminder of who they are doing this for.
- **Remove ashtrays**  
from the home – put them at the back door or outside for when the individual wants to smoke.

- **Make sure cigarettes**  
are out of sight.
- **Try to extend the time between cigarettes**  
Did you know that after just 20 minutes pulse and heart rate drops and blood pressure starts to return to normal?
- **Keep a coat and outdoor shoes,**  
even an umbrella, easily accessible for those trips outside to smoke.
- **Try nicotine spray, gum, patches or lozenges**  
to manage the nicotine cravings. Or advise parents that evidence suggests vaping/e-cigarettes are much less harmful than smoking.



# 6. Signposting Information, Campaigns & Resources

There is so much support out there if you know where to look for it. This section is designed to help you explore the free information online from trusted and reputable sources.

## Very Brief Advice (VBA) on smoking – FREE online training sessions

Very brief advice (VBA) allows you a child care professional, to offer practical advice in as little as 30 seconds and can be effective in encouraging smokers to quit. This one-hour session focuses on how to engage with someone who smokes whilst keeping the conversation positive.

Book a FREE place here;

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## NHS Smokefree online plans & information

Get personal quit plans – find out which option would best suit from Apps, emails and information and support direct to our phone.

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## Get the facts & figures from ASH

ASH Fact Sheet: Stopping Smoking.

ASH

## Smokefree Oxfordshire by 2025 – The Final Push

As a new year approaches, we're another step closer to reaching the goal of reducing the overall prevalence of smoking in Oxfordshire to below 5% by 2025.

By encouraging a smokefree home, residents and support services can support the wider community in achieving this goal.

You can download the Oxfordshire Tobacco Control Strategy, here;

[www.stopforlifeoxon.org/smokefreeoxon](http://www.stopforlifeoxon.org/smokefreeoxon)

If you would like to have an informal discussion about how Stop for Life Oxon can support families you are working with you please email [info@stopforlifeoxon.org](mailto:info@stopforlifeoxon.org) or call 0800 122 3790.

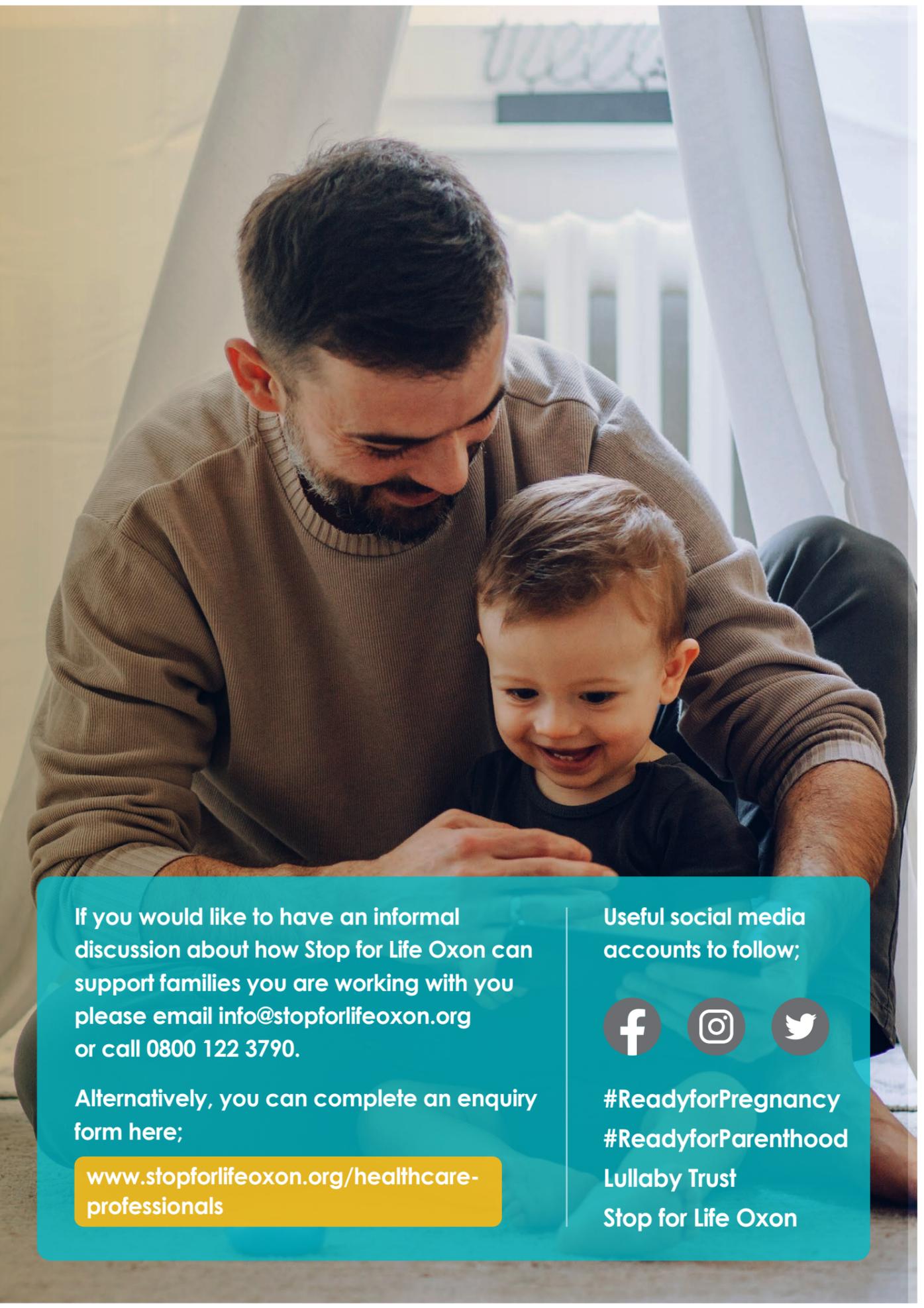
Alternatively, you can complete an enquiry form here;

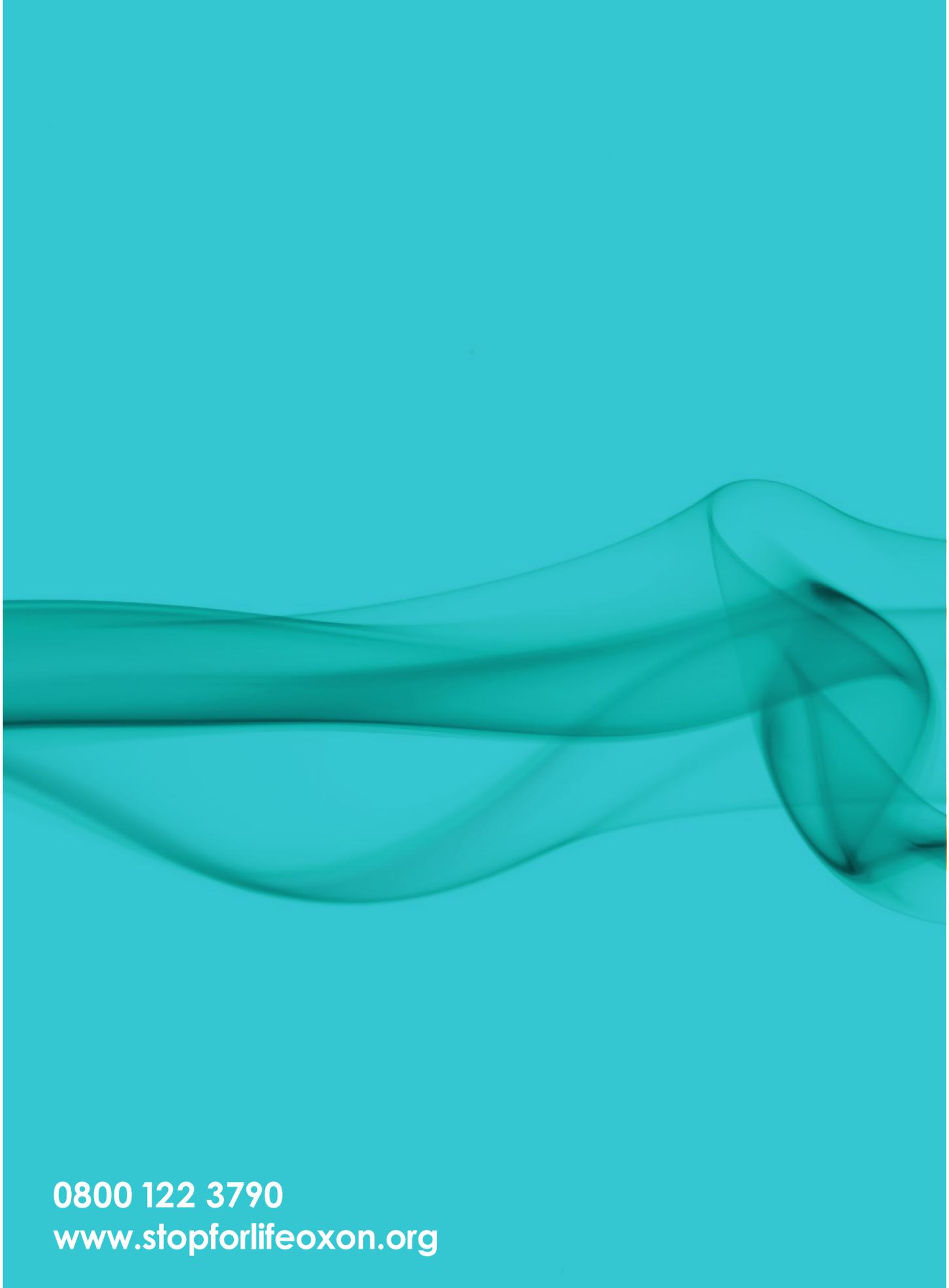
[www.stopforlifeoxon.org/healthcare-professionals](http://www.stopforlifeoxon.org/healthcare-professionals)

Useful social media accounts to follow;



#ReadyforPregnancy  
#ReadyforParenthood  
Lullaby Trust  
Stop for Life Oxon





0800 122 3790  
[www.stopforlifeoxon.org](http://www.stopforlifeoxon.org)