

Make Your Child's Life Smoke-Free

Smoking around kids is dangerous to their health.
Protect your child from harmful tobacco smoke indoors and outdoors.



Protect your child

- Set rules about not smoking in your home. If anyone wants to smoke, ask him or her to go outside and close doors and windows.
- Don't forget that smoking in a car is against the law when a child is present.
- Choose a child care provider who doesn't smoke.

Clean up

- Keep in mind that smoke travels everywhere and sticks to clothes, curtains, furniture, carpets and toys.
- Wash items exposed to smoke before letting your child touch them.

Choose to quit

- Get free help quitting smoking by calling 1-800-NO-BUTTS or call Quit for Good 530-247-3729



For more information, call First 5 Shasta at (530) 229-8300 or visit
www.first5shasta.org and www.first5california.com/parents.