

c. Cigarettes

MODULE 1

If you are a smoker, there is no better time to quit. When you smoke, so does your baby. Think of what this means before lighting a cigarette.

Even if you don't smoke, secondhand smoke can harm your baby.

This is what happens to the baby when the mother smokes or breathes secondhand smoke.



Creating a Smoke Free Environment for Your Children:

<http://www.youtube.com/watch?v=QPvkCEFUFn8>

A video on the social impact of second-hand smoke on young families. Created by the Best Start Resource Centre

For information about stopping smoking, you can contact the Smokers Helpline.

Smokers' Helpline is a free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking and tobacco use

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