



# Health visitor top tips: creating a smokefree home

Six tips that have helped parents in quitting smoking and establishing a smokefree environment at home



## Tips for parents who are quitting smoking

- Avoid anything that reminds you of smoking e.g. lighters, going to the pub, and ashtrays
- Create distractions with things that you enjoy, like playing online games, going for a walk, talking to friends or watching a movie<sup>1</sup>
- Asking for help – from friends, family and healthcare professionals



## Tips for parents who are turning their home smokefree

- Only smoke outside – more than 7 steps away from the door and away from an open doors or windows<sup>2</sup>
- Ask visitors to smoke outside so invisible, secondhand smoke isn't in the house<sup>3</sup>
- Keep an umbrella by the door for bad weather



## Want more information on becoming a smokefree household?

Talk to your health visitor, GP, midwife or pharmacist – or contact your local stop-smoking service.

1. NHS. Better Health. How to help someone quit smoking. Available at: <https://www.nhs.uk/better-health/quit-smoking/how-to-help-someone-quit-smoking/>. Last accessed: December 2024.

2. Shrewsbury and Telford Hospital NHS Trust. Smoking and Your Baby: Advice for Parents. Available at: <https://www.sath.nhs.uk/wp-content/uploads/2020/10/smoking-and-your-baby-advice-for-parents.pdf>. Last accessed: December 2024.

3. CRUK. What is passive smoking? Available at: <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/what-is-passive-smoking>. Last accessed: December 2024.