

Why Quit?

Smoking is harmful to your child. Even if you don't smoke in the same room as them, smoke remains on your clothing and in your breath for several hours after your last cigarette.

Recognised health complications include –

- Cot death (also known as sudden infant death syndrome, or SIDS) – this is twice as likely in babies whose mothers smoke.
- Asthma – your child is more likely to develop asthma and experience more frequent and severe asthma attacks.
- Other serious breathing problems such as pneumonia.
- [Meningitis](#)
- Ear infections which may cause long term hearing loss
- Increased numbers of viral infections

You could also save £2,750 a year by quitting a 20 cigarette a day habit!

How to Quit

There are many local NHS quitting services available to help you through this process. They can offer face-to-face and telephone support and access to nicotine replacement therapy (NRT) and other medicine.

Hampshire – **Quit4Life**

Telephone – 02380 515221

Website - www.quit4life.nhs.uk (type in your postcode to find a centre near you!)

Southampton City – **Southampton Quitters**

Telephone – 0300 123 3791

Website – www.solenthealthyliving.nhs.uk

Dorset – **Live Well Dorset**

Telephone – 0800 8401628 / 01305 233105

Website – www.livewelldorset.co.uk

Isle Of Wight – **Isle of Wight Health Trainers**

Telephone – 01983 823670

Portsmouth (PO1-PO6) – **Portsmouth Wellbeing Service**

Telephone – 023 9229 4001

*Stop exposing your child to unnecessary harm -
pick up the telephone today and take the next step.*