**PĀNUI INSERTS**

***Cut and paste these tips into your centre’s pānui.***

***Ko te tino mahi māu mō te oranga o tō whānau, me whakarāhui i tō kāinga noho me tō motukā hei wāhi auahi kore.***

*One of the best things you can do for the health of your whānau is to make your home and car Smokefree/Auahi Kore.*

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***Mehemea kua auahi kore tō motokā me tō kāinga ka kore pea āu tamariki e kai paipa inā e taiohi ana rātou.***

*Having a Smokefree car and home means your children will be less likely to take up smoking in their teens.*



***Mena kua hapū koe, ko tētahi atu rānei e noho ana ki tō kāinga , me ahuahi kore te āhua o tō kāinga me tō motukā kia pakari ai te hauora o tāu pēpi mai i te tīmatanga.***

*If you or someone living in your home is pregnant, a Smokefree home and car will help protect the developing baby from tobacco smoke and give them the best start to life.*



***E whā mano te rahi o ngā momo paitini o roto i te auahi-tuarua. O roto o taua whā mano, e rua rau, e rima tekau te rahi o aua paitini e tipu ai te mate puku.***

*Second-hand smoke contains more than 4,000 chemical compounds of which at least 250 are known to be toxic or can cause cancer.*



***Mena kua auahi kore te āhua o tō te tamaiti ao ka pakari ake ia me tōna hauora.***

*Children have a better chance of staying healthy in a Smokefree environment.*



***He nui ake te whakapāhanga kino o te mahi momi paipa ki te hunga pakupaku. He iti iho ō te hunga pakupaku pūkahukahu.***

*Children and infants are more vulnerable to tobacco smoke than adults. Children have smaller airways, breathe faster and their immune systems are still developing.*

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***Me ū koe ki te mahi auahi kore ki roto i tō motokā hei āhurutanga auahi kore mā te hunga tamariki.***

*Commit to making your home and car a healthy Smokefree space for children.*



***I a tau, i a tau, kotahi mano, e rima rau ngā tamariki ka pokaina ō rātou taringa mā te tūkinotanga o te auahi tuarua.***

*Every year 1500 young children have ear operations because of damage caused by second-hand smoke. Untreated ear problems can lead to deafness and learning difficulties.*



***Ka ngaro ngā paitini e whā mano inā e auahi kore ana te āhua o te kāinga noho.***

*Making your home Smokefree means 4,000 chemicals are no longer polluting your home environment.*

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