

# Jenny and the Bear



A story by Linda Morris

Jenny and her Granny were out shopping.

As they passed the toy shop, Jenny exclaimed, “Gran, look at all the bears!”

There was one bear right in the middle who was looking straight at Jenny. He liked Jenny right away. He thought she had a kind face.

She also had a lovely rainbow coloured umbrella.







Jenny's Granny decided to  
buy Jenny a bear as a treat.



Jenny chose her special bear.

The shop assistant put it in a  
brown bag to carry home.

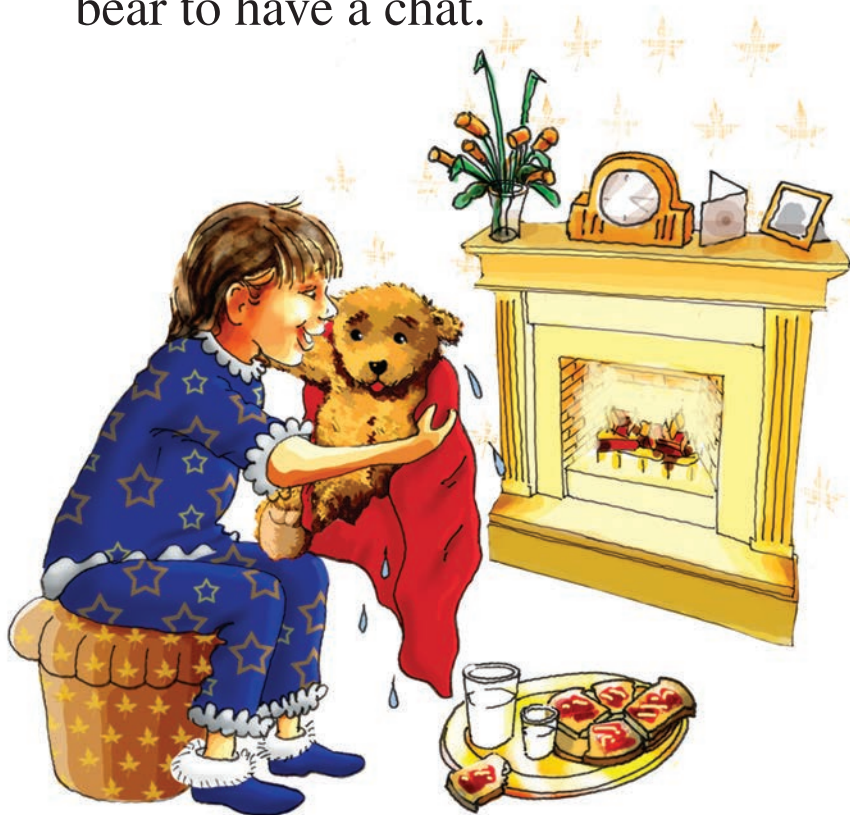
At home, Jenny  
showed her bear  
to Mummy.



He had got a bit wet on  
the way home.

Jenny dried her bear and put on her pyjamas. She sat down in front of a big fire to get warm.

Mummy made some toast and milk, and sat with Jenny and the bear to have a chat.



Jenny's Mum lit a cigarette, and  
Jenny began to cough.

“I'm sorry”  
said Mummy,  
and got up to  
open a window.



The bear didn't like the smell  
from the lit cigarette. It made his  
throat feel dry and scratchy.

The next morning Jenny saw that her bear looked sad and had a wet nose.

Mummy looked at the bear and said, “I’m sure he has just caught a cold when he got wet in the rain yesterday”.



“Don’t worry,  
I’m sure his nose will dry up.”



Later, Jenny went in the car with Daddy to the garden centre.

In the car, Daddy rolled down his window and lit a cigarette.



Again, Jenny began coughing. Bear didn't feel too good either.

When they got to the garden centre, bear's nose was blocked. His throat felt very jaggy.

Jenny picked out a bright red jumper, navy blue trousers, and the most fantastic yellow raincoat, boots and hat!



Jenny thought that bear's cold would soon go away with all his new clothes to keep him warm and dry.



A couple of weeks later,  
Jenny and her bear were both  
feeling miserable. Jenny had  
a really bad cough.

Mummy decided that she  
needed to go to the doctor.

The doctor listened to Jenny's chest.  
He looked at Jenny's throat.  
He looked in her ears.  
He asked about her cough.





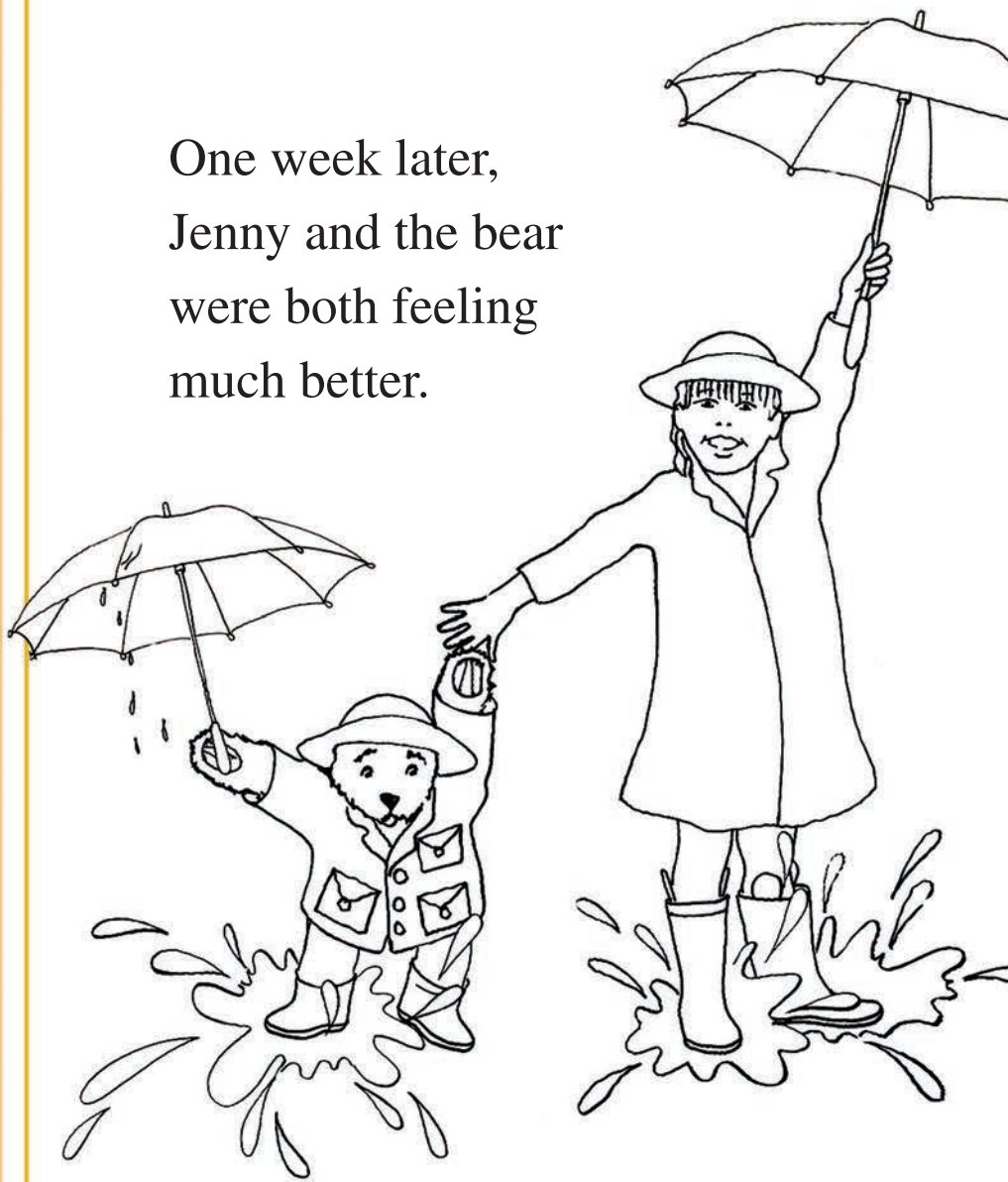
The doctor had a chat with Jenny's Mum.



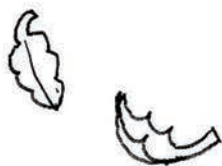
He told her that smoking at home was making Jenny's cold much worse.

It would be better if mummy and daddy stopped smoking in the house.

One week later,  
Jenny and the bear  
were both feeling  
much better.



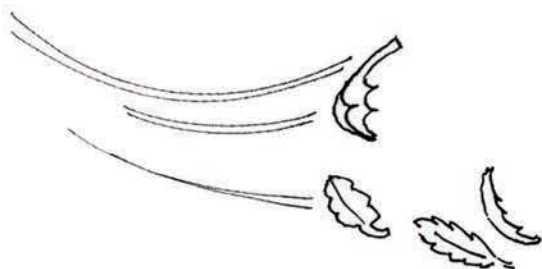
Have fun colouring



Mummy and Daddy didn't  
smoke in the house anymore.

Jenny and her bear were  
able to go out and play.

They splashed in all the  
puddles with their bright  
raincoats, wellingtons and  
umbrellas!



Jenny and the bear

There are more than 4,000 chemicals in every cigarette. Many poisonous substances can stay in a room or car for months after the cigarette has been stubbed out.

Children learn habits from people closest to them. If they live with someone who smokes they are four times more likely to smoke themselves when they grow up.

Children are more at risk because:

- Their lungs are still growing
- Their immune system is still developing.

Smoking indoors and in cars with children increases the risk of:

- Asthma
- Coughs
- Chest and ear infections
- Meningitis.

## So what can you do?

The only way you can fully protect your family is to smoke outside. If this is not possible, think about different things you can do to reduce the risk of exposing your family to secondhand smoke. Perhaps the first thing you can do is to stop smoking in the car. It has been illegal to smoke in a private vehicle carrying children under the age of 18 since 2015, to protect them from the dangers of secondhand smoke. If you smoke and want to cut down, try using nicotine replacement therapy, especially when you are with your children.

## Get in touch

If you decide to stop smoking altogether there is lots of help available. Call Smokefreelife Somerset on 01823 356222 when you are ready or visit their website:

[www.healthysomerset.co.uk/smokefree/](http://www.healthysomerset.co.uk/smokefree/)