

Name: _____ Date: _____

Talking to Your Young Children About Smoking

When you make the choice to quit smoking, you may want to inform your children about your decision. As a role model, it is important that you talk to your children about making healthy choices. Letting your children know why you want to stop smoking can encourage them to avoid smoking too.

Here are some reasons why we need to keep our lungs healthy:

- Smoking damages our lungs and can also be dangerous for the people around us
- We need healthy lungs to breathe
- Healthy lungs help keep our bodies healthy
- Breathing helps us manage our feelings



Make a few notes about what you want to say when you talk to your child about the dangers of smoking.

Bonus activity: Before talking to your child about the dangers of smoking, it may be helpful to talk about lungs and why we need to breathe fresh, clean air. Here is an activity you can do at home:

1. Ask your child "What is air?" Tell them air is all around us and we bring it into our lungs every time we breathe. We need the oxygen in the air for our body to be healthy. Breathing clean air helps keep us healthy so we feel better and do better in school.

2. Have your child take a deep breath in and then slowly let it out.

3. Let your child know that when air is moving, we call that wind. Sing the "I See the Wind" song to the tune of "Hush Little Baby."

I see the wind when the leaves dance by. (Wave hands in front of body)

I see the wind when the clothes wave "hi!" (Wave hello)

I see the wind when the trees bend low. (Put arms over head and bend to the side)

I see the wind when the flags all blow. (Stand up and wave arms above head)

I see the wind when the kites fly high. (Stretch arms up high)

I see the wind when the clouds float by. (Put arms down and wave hands gently)

I see the wind when it blows my hair. (Shake head)

I see the wind 'most everywhere! (Hold hands out with palms up)

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.