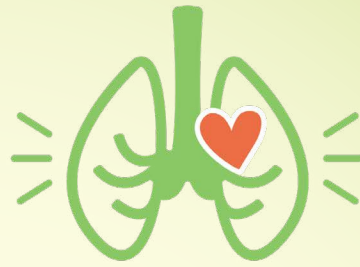


# Breathe

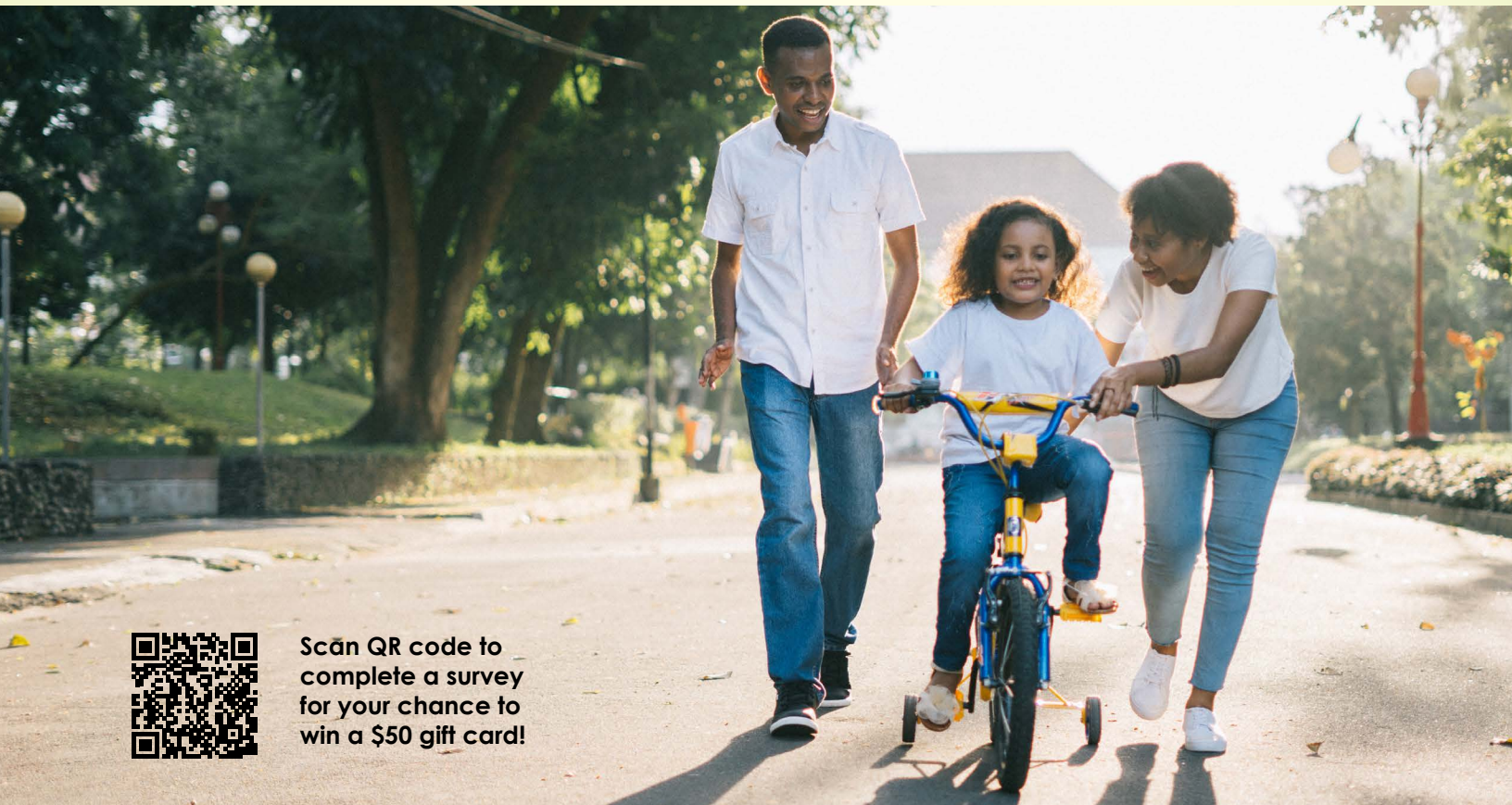
Healthy Steps to  
Living Tobacco Free



## Interactive Journal Pages

### How to use these journal pages:

1. Download the page you need. Choose your topic based on the needs of the person/people with whom you are working.
2. Print the page(s).
3. Go through the information and activities one-on-one with parents or in small groups.
4. If you are short on time, explain the topic and then ask them to complete the activities in their own time.
5. Recommended: Follow up with them to answer any questions and to see if they are still working towards their goals.



Scan QR code to  
complete a survey  
for your chance to  
win a \$50 gift card!



Developed by McMillen Health in partnership with Health Ed Pros

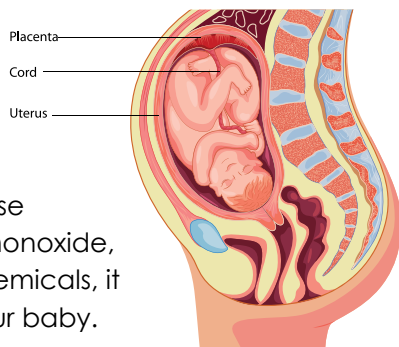
Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How Smoking Affects Baby

 I am currently \_\_\_\_\_ weeks pregnant.

Quitting smoking, even during pregnancy, can make a big difference in your baby's life and yours!

The placenta inside of your uterus gives oxygen and food to your unborn baby through the umbilical cord. If you smoke or use e-cigarettes, carbon monoxide, nicotine, and other chemicals, it can cause harm to your baby.



## Problems that could happen now:

- Damage to your baby's developing brain
- The placenta pulling away from the uterus wall
- Bleeding uterus
- Baby not getting enough oxygen and nutrients
- Going into labor early

## Problems that could happen later:

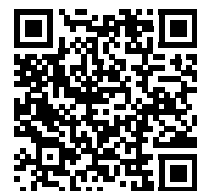
- Baby born too small
- Sudden infant death syndrome (SIDS)
- Colic with uncontrollable crying
- Obesity and asthma during childhood

 I smoke \_\_\_\_\_ packs per day.

I would like to reduce to \_\_\_\_\_ cigarettes per day by this date: \_\_\_\_\_.

 Write a short message or draw a picture for your baby. What do you want them to know right now?

Pregnancy and Smoking



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If you're ready to quit, call Quit Now Indiana at  
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or log on to [equitnow.com](http://equitnow.com) for free, personalized support.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Quitting Before Pregnancy

 I am thinking of getting pregnant.  
I would like to become pregnant by this time in my life: \_\_\_\_\_.

Fill in an answer that makes sense for you, such as an age or year that you want to become pregnant.

**Smoking/vaping and secondhand smoke/vapor (inhaling other people's smoke/vapor) can cause issues for someone who wants to get pregnant or who is already pregnant, including:**

- Trouble getting pregnant
- Placenta pulling away from the uterus
- Placenta covering the cervix
- Early labor (also called pre-term birth)

**Smoking/vaping and secondhand smoke/vapor during pregnancy can cause issues for the baby too, including:**

- Being born too small
- Being born too early
- Dying before or shortly after birth
- Sudden infant death syndrome (SIDS)
- Birth defects



The best time to quit smoking is before you get pregnant (but quitting any time is a good idea)! Quitting now will help your body get healthier so you are able to get pregnant easier, can carry your baby to full term, and help your baby be healthier as they develop.

 Write a goal you have for your future baby, or draw a picture to represent your goal.

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Quitting During Pregnancy

Quitting smoking or vaping ANY TIME is a good idea! No matter if you are early in your pregnancy or near your due date, quitting will help your baby now and after they are born.



List the people in your life who will support your efforts to quit.



Write down things that you are worried will happen if you try to quit.

**Stress is one reason why people smoke or have a harder time quitting. It is important for you to find healthier ways to cope with stress. Some ways to deal with stress are below. Check at least one that you want to try this week.**

**Exercise.** Exercising releases feel-good chemicals in your brain that can reduce stress.

**Eat well.** A healthy, balanced diet will give your body what it needs to feel healthy.

**Sleep.** Sleeping 7-9 hours at night will help you feel less stressed, get sick less often, and think more clearly.

**Read.** Regular reading (as little as 6 minutes a day) can keep your brain active and reduce stress.

**Journal.** Writing down 3 things a day for which you are thankful will help you feel more positive.

**Laugh.** Laughing releases feel-good chemicals in your brain. Have you heard a good joke lately?

**Breathe.** Deep breathing – slowly in through your nose and out through your mouth – can help you feel calm in a stressful moment.



Write down or draw a picture to describe the reasons you want to quit.

Pregnancy and Smoking



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Tips for the Other Parent

**Secondhand smoke is the smoke that a person breathes in because someone around them is smoking.**

- Both secondhand smoke and secondhand vapor can be dangerous for the health of those around the smoker.
- Smoking or vaping around someone who is pregnant causes risks for the baby too.
- There is no safe amount of secondhand smoke.

**Secondhand smoke can cause:**

- Harm to baby before birth
- Sudden infant death syndrome (SIDS)
- Baby's lungs may not fully develop
- Ear infections, colds, bronchitis, and pneumonia (lung illness) in infants and children
- More doctor visits, missed school and work
- Asthma attacks
- Learning difficulties
- Lung cancer and heart disease



To lower the health risks for yourself and those around you (including unborn babies), the healthiest option is to quit smoking. If you are not ready to quit yet, you can still protect the health of those around you by keeping smoke and vapor away from them. Consider stepping outside to smoke or not smoking with others in the car.



**Do you smoke or vape around your partner or children? Yes / No**



**How can you keep smoke or vapor away from your partner and children?  
Write or draw a picture.**

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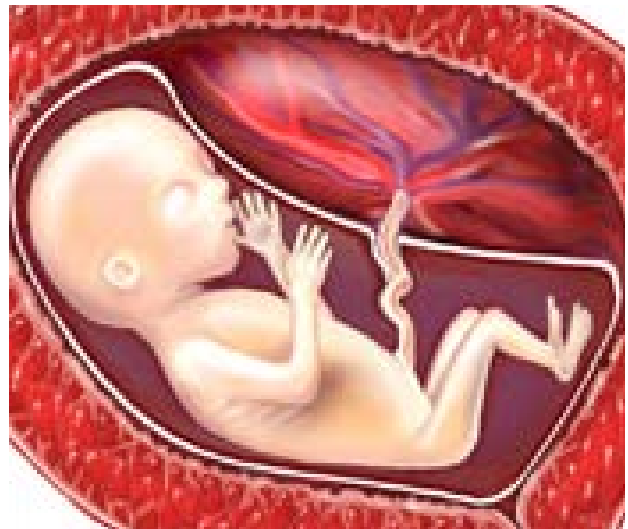
# How Secondhand Smoke Affects Baby

**Secondhand smoke is the smoke (or vapor) that a person breathes in when other people smoke (or vape) around them.**

The chemicals in tobacco smoke are dangerous for your health and your baby's health, even if you are not the person smoking.

**Secondhand smoke can cause issues for a baby.**

- Giving birth too early
- Low birth weight (even if they are born on time)
- Infant death from
  - Miscarriage
  - Stillbirth
  - Sudden infant death syndrome (SIDS)
- Birth defects
  - Heart defects
  - Lip and mouth defects



If you are pregnant, the chemicals from secondhand smoke get into your blood and go everywhere in your body – including the placenta and to your baby.

 **Are you ever around people who smoke/vape? Yes No**

**If yes, where are you around smoke/vapor?**

**Home School Work Somewhere else:** \_\_\_\_\_

 **What are some ways you can avoid being around smoke and vapor (from e-cigarettes)? Write or draw a picture.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Secondhand Smoke



Did you know that other people smoking or vaping around you is unhealthy for you? It is called secondhand smoke and it can be harmful for your health.

You can't make other people quit smoking, but you can try to avoid being around their smoke. Highlight or circle at least one thing you can do now to avoid secondhand smoke:



### In your home:

Make a rule that anyone who smokes or vapes needs to do it outside.



### In your car:

Don't allow anyone to smoke or vape in your car.



### In someone else's home or car:

Let them know what you've learned about secondhand smoke and encourage them to smoke outside only. You can't make them change, but you can let them know what you know.

Offer to spend time at your home instead of theirs, whenever possible.

Politely ask them not to smoke while you are around.



### If you live in an apartment building:

Smoke can travel between apartments, causing the chemicals to enter your apartment. Talk to your landlord or apartment manager about making the building/complex smoke free.



### In public places:

Only go into businesses/bars/casinos that are smoke free.

Avoid the areas that are for smokers.

If you see someone smoking where they aren't supposed to, consider letting someone know, if you feel safe to do it.

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Healthy Steps to  
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Secondhand Smoke and Children

Infants and children who regularly breathe secondhand smoke (smoke from others) can have health, learning, and behavior problems throughout their life. There is no safe amount of secondhand smoke.

 I have \_\_\_\_ (number) kids living in my home right now.  
They are \_\_\_\_\_ years old.

## Secondhand smoke may cause:

- Sudden infant death syndrome (SIDS)
- Children to get sick more often – this means more missed school for them and missed work for you
- Lung illnesses, such as:
  - Bronchitis
  - Pneumonia
  - Asthma attacks
- Wheezing and coughing
- Ear infections and children may even need tubes put in their ears
- Learning difficulties
- Heart disease or cancer later in life



One of the best ways to keep your children away from secondhand smoke is to commit to a smoke free life! Make your home and car off limits to smoking and vaping. Talk to relatives and other caregivers about keeping their homes smoke free too, if your children will be in their home.

 Today's date: \_\_\_\_\_

I will make my home and car smoke free because:  
(write your answer or draw a picture)



Children and  
Secondhand  
Smoke



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Talk to Others Who Smoke Around You

If you are trying to live a smoke free life, you may need to talk to people about not smoking around you. It can be tricky to talk to someone about keeping their smoke away from you. Below are some tips about having this talk.

## Before the talk:

- ✓ Understand that smoking is addictive, and quitting is hard.
- ✓ Go into the talk with a kind and open attitude.

## During the talk:

- ✓ Stay calm and non-judgmental. If it turns into an argument, they are less likely to hear you.
- ✓ Explain that you care about their health, your own health, and your children's health. Let them know their smoke is putting you and your children at risk for having unhealthy lungs, heart disease, ear infections, and more.
- ✓ Offer to help them on their smoke free journey. They can call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) for more information about quitting.
- ✓ If they are not ready to quit smoking, ask that they do not smoke around you and your children. This includes in your home and car.



## After the talk:

- ✓ If they are trying to quit, check in with them often to see how it's going. If they are stressed, offer to do something healthy and relaxing together, like taking a walk.
- ✓ If they are not trying to quit yet, keep your boundaries strong. Remind them about not smoking around you and your children, if needed.



**Who is one person you are thinking about having this talk with?**

**After you have the talk, write or draw a picture about how it went:**

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Healthy Steps to  
Living Tobacco Free



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# What is Thirdhand Smoke?

Thirdhand smoke is the leftover chemicals that smoking leaves on surfaces. The lingering smell left on clothes, in cars, and homes is evidence of thirdhand smoke. Children can be exposed to dangerous chemicals left behind – even if no one smokes when your child is around. Even with cleaning, it may not be possible to remove all the chemicals once they are embedded in walls, flooring, and surfaces.

For infants and very young children, thirdhand smoke is especially dangerous. Small children put everything in their mouths and kick up dust as they crawl around on the floor, causing them to take in the chemicals in thirdhand smoke.



**Where might your child be exposed to thirdhand smoke?**

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**Which of these steps can you take to minimize exposure to thirdhand smoke? Check any you are ready to commit to:**

- Quit smoking
- Smoke in a jacket that is only used for smoking
- Don't allow smoking in my home
- Don't allow smoking in my car
- Only visit smoke free businesses
- Only ride in smoke free cars

Thirdhand Smoke



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](http://equitnow.com) for free, personalized support.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Clean Thirdhand Smoke

Thirdhand smoke can be greatly reduced when you smoke only outdoors and designate your home and car as smoke free zones. You can also limit thirdhand smoke by wearing a coat or oversized shirt over your clothes when you smoke, and then removing the shirt after smoking. You should always wash your hands immediately after smoking too. Keep in mind that removing the odor of smoke does not mean the chemicals are gone.



## How to clean and minimize thirdhand smoke:

- Wash all surfaces, walls, and floors with a detergent made from 3 cups water, ½ cup baking soda, and 1 cup white vinegar
- Wash or replace all fabrics such as curtains, blankets, and pillows
- Vacuum and use a carpet cleaner on carpets and rugs
- Mop hard floors
- Repaint walls using a primer and at least 2 coats of paint
- Replace filters and clean ventilation ducts



What places in your car or home may have thirdhand smoke that need cleaned?

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Thirdhand Smoke



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Thirdhand Smoke and Children

Infants and young children are at the highest risk of exposure to thirdhand smoke. When infants crawl and play on the floor, they are breathing in and touching the chemicals leftover from smoking. Young children are more likely to put objects in their mouth, increasing exposure to chemicals. When children are held by adults that smoke, they are exposed to thirdhand smoke on the adult's clothes, skin, and hair.



Where is your child exposed to thirdhand smoke?

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Even if you stop smoking, your children may still be in the care of people who do smoke. You may need to educate these people on how to reduce thirdhand smoke exposure.

- Request they wear a jacket while smoking and tie their hair back while smoking
- Request they wash their hands after smoking
- Ask them to keep your children's belongings and car seat away from cigarette smoke
- If a caregiver smokes in the vehicle, ask that they remove your child's car seat when not in use



How can you eliminate exposure?

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Thirdhand Smoke



**Breathe**  
Healthy Steps to  
Living Tobacco Free



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Check in on Your Progress to be Smoke Free

You are doing a great job! Making the decision to be smoke free is a healthy choice for you and your family. Even if you've had a setback, getting back on track is impressive!



**What have you accomplished so far in your journey to quit smoking?**



**What steps have you taken to give your child a smoke free life?**



**What barriers have you encountered? Have you been able to overcome them or do you need more help?**



**What steps do you need to take next?**

As you continue your smoke free journey, keep thinking of all the things that have improved in your life so far. These thoughts will help you stay motivated to keep going!

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Healthy Steps to  
Living Tobacco Free



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# General Risks of E-cigarettes

E-cigarettes are not a safe alternative to smoking cigarettes. Even using e-cigarettes as a way to quit smoking is risky because e-cigarettes:

- Still contain nicotine
- Contain cancer-causing chemicals
- Contain chemicals that damage lungs
- Can explode, causing serious injury
- Are harmful to a baby's development during pregnancy

 I commit to quit vaping by this date:

\_\_\_\_\_



What do you want to gain when you give up e-cigarettes (check all that apply)?

Have a healthier pregnancy

Have a healthier body

Reduce your risk for cancer

Protect your teeth and mouth

Be a healthy role model for your children

Save money

Other: \_\_\_\_\_



What else can you gain when you quit using e-cigarettes?

Vaping



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Living Tobacco Free



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Danger of E-liquid and Vapes for Kids

The e-liquids used in e-cigarettes contain many harmful chemicals and are poisonous if ingested. The bright colors, candy or fruit flavors and scents, and colorful packaging for e-liquids catch children's attention.

Another danger with vaping devices is that the batteries can explode. This can cause severe injury or even death. Secondhand vape is also dangerous, as the chemicals are not safe for children. Vaping around children can also make them think it is okay to start vaping themselves.

## Poisoning by e-liquids can cause:

- Seizures
- Cardiac arrest
- Respiratory failure
- Coma



Write down what you want to teach your children about the dangers of e-cigarettes.

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- 



Write or draw the warning label that you believe should be featured on e-liquid packaging.

Vaping



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](http://equitnow.com) for free, personalized support.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Chew and You

Like cigarettes and e-cigarettes, smokeless tobacco (also called chewing tobacco) contains harmful chemicals and the addictive substance nicotine. Smokeless tobacco can cause mouth sores, tooth decay, gum disease, and tooth loss. Using smokeless tobacco increases risk for cancer, heart disease, and stroke.

Don't let tobacco products keep you from enjoying a full, healthy life. Commit to quit!



**How often do you use smokeless tobacco?**

Daily

A few times a week

A few times a month

Every few months



**I commit to quit smokeless tobacco by this date:** \_\_\_\_\_



**Write or draw pictures of what makes you smile.**

Blank area for writing or drawing.

**Breathe**  
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Living Tobacco Free








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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Quitting Aids

You may want or need extra support when you choose to quit smoking. There are many programs and resources to help you stay committed to quitting.

- Talk with your doctor or healthcare provider. Medicaid and many insurance plans cover tobacco cessation aids
- Free Quit help via phone, web and text
  - Call 1-800-QUIT-NOW
  - Logon to [equitnow.com](http://equitnow.com)
  - [Smokefree.gov](http://Smokefree.gov): Text QUIT to 47848
- Nicotine replacement therapy
  - Call 1-800-QUIT-NOW to see if you qualify for free nicotine replacement therapy products
- Follow smoke free social media accounts:
  - Quit Now Indiana: @quitnowindiana on  
  - [Smokefree.gov](http://Smokefree.gov): @smokefreeus on   
- Smoke free apps
  - [Smokefree.gov](http://Smokefree.gov): quitSTART app and QuitGuide app



Write a message to your future smoke free self. What would you thank yourself for? How do you want to feel in the future?

Tips for Quitting Smoking



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Myths About Marijuana

## MYTH 1: Marijuana is safe because it is natural.

- Being natural doesn't mean something is safe. Many plants in nature are not safe.
- Marijuana has many of the same toxins, irritants, and carcinogens as tobacco smoke.

## MYTH 2: Marijuana is safe because many places are making it legal.

- Being legal doesn't mean something is safe.
- Marijuana is legal in many places for people who choose to use it, but it can cause issues in your lungs and respiratory system.

## MYTH 3: Marijuana isn't addictive.

- Any drug that changes the way a person's brain functions can be addictive. This includes marijuana.

## Marijuana can cause:

- Tightening of airways
- Trouble breathing
- Bronchitis
- Higher risk of lung infections
- Faster heartbeat
- Higher blood pressure



What is something you can do to cut back on marijuana in your life? This can be if you use it or someone around you uses it.

Marijuana Use  
During Pregnancy



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How Marijuana Affects Kids

Secondhand marijuana smoke (smoke from other people smoking marijuana) can have some of the same effects on people who don't smoke it themselves.

Children who are around secondhand marijuana smoke have small amounts of THC (the chemical that makes you high) in their body.

Secondhand marijuana smoke can cause an asthma attack. It can also cause trouble with memory and coordination



 **There are things you can do to keep marijuana smoke away from your child. Put the items below in order from 1 to 5, with 1 being the thing you want to do right away.**

Smoke outside in a place where the smoke cannot reach your child

Make a house rule that no one can smoke around the children (both home and car!)

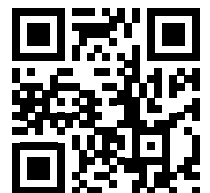
Teach your child to stay away from marijuana smoke – this is good if your child may be around marijuana smoke at someone else's home

Choose to stop smoking marijuana

Talk to your child about how hard it is to quit and talk to them about never starting



Marijuana Use  
During Pregnancy



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Marijuana and Pregnancy

Using marijuana – eating, drinking, or smoking – during pregnancy exposes your baby to THC (the chemical that makes you high). This can cause issues for your baby now and in the future.

## Problems that could happen now:

- Brain doesn't develop normally
- Born too early
- Stillborn (dead at the time of birth)
- Going through withdrawal

## Problems that could happen later:

- Trouble sleeping
- Trouble in school
- Problems with attention, memory, and learning
- Behavior problems

There is no safe amount of marijuana use during pregnancy. It is safe to quit smoking marijuana during pregnancy. Talk to your doctor to let them know you want to quit.



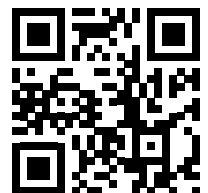
Newborns can go through withdrawal from any substances they are exposed to during pregnancy. This includes tobacco and marijuana.

 **When do you want to quit smoking marijuana? Fill in your goal quit date.** \_\_\_\_\_



**Write or draw at least one reason you want to stay healthy for your baby.**

Marijuana Use  
During Pregnancy



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Cost of Smoking

Living a smoke free life is great for your health. It's better for your lungs and the lungs of your children. There are other great reasons to quit smoking too. One of those reasons is money.

- In Indiana, a pack of cigarettes costs about \$6
- Smoking one pack a day costs \$42 a week, \$180 a month, and \$2,190 a year
- That's \$10,950 in five years!
- What could you do with that much extra money?

Now, plan how much of your money could be spent on your goals instead of smoking.

First, find the number of packs you smoke daily.

Pack	Day	Week	Month	Year
½	\$3	\$21	\$90	\$1,095
1	\$6	\$42	\$180	\$2,190
2	\$12	\$84	\$360	\$4,380
3	\$18	\$126	\$540	\$6,570

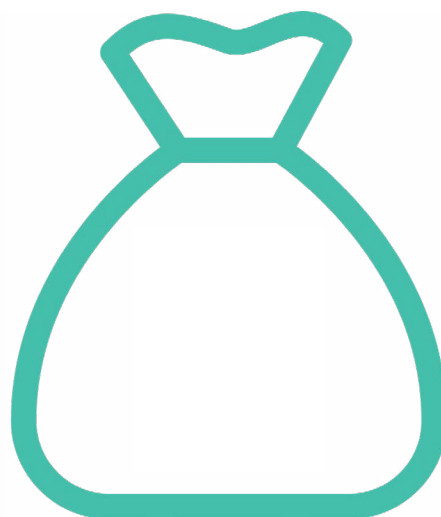
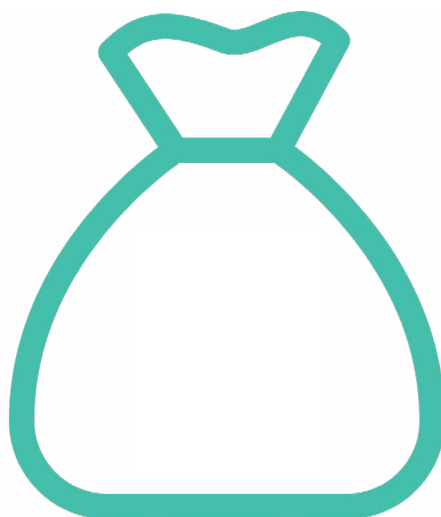
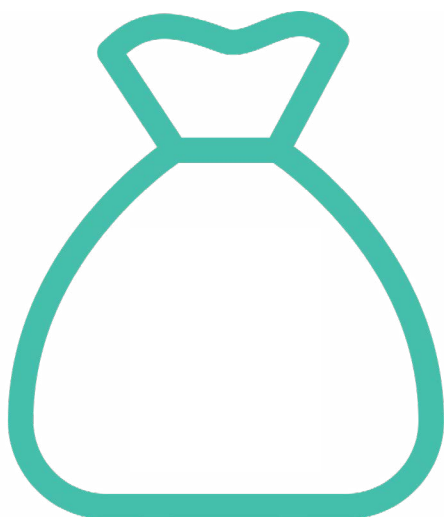
Then, follow the row across and circle the yearly cost.



Decide to have a smoke free life and put your money to good use!



Write or draw something you would buy with the money you saved if you quit smoking.



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or log on to [equitnow.com](http://equitnow.com) for free, personalized support.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Quitting Tobacco During Recovery from Other Substances

If you are in recovery from substances, such as alcohol or opioids, you should be proud that you have taken steps to be a healthier you!

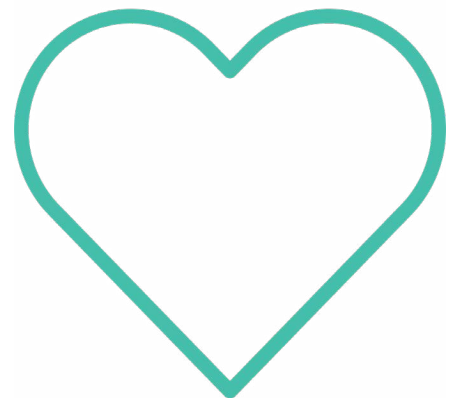
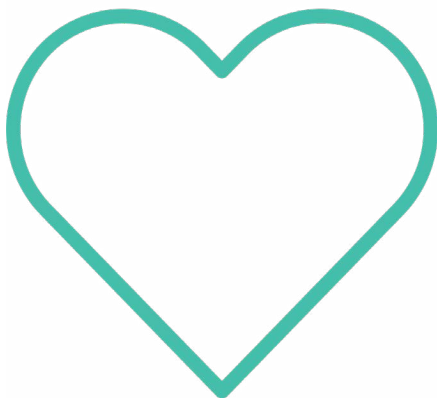
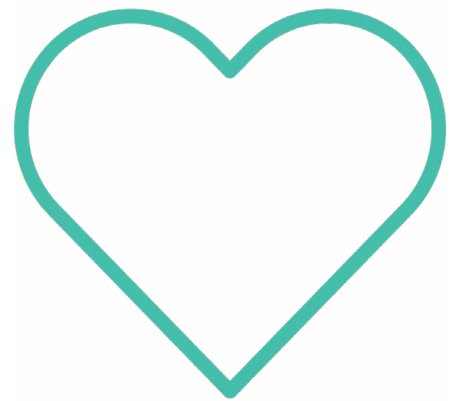
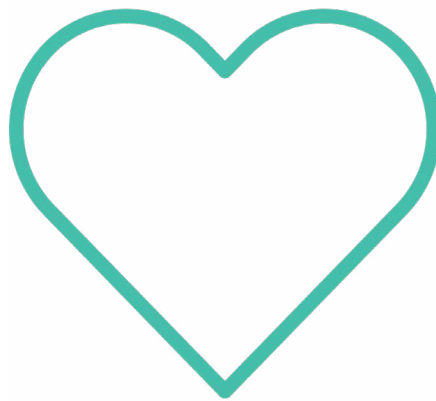
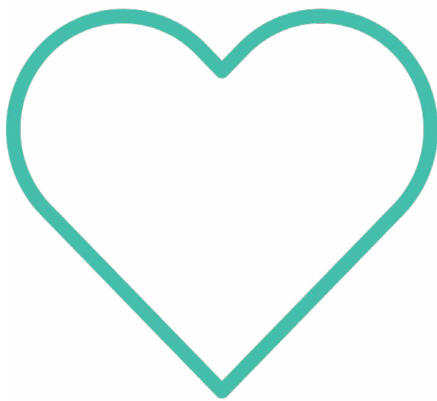
Many people who misuse alcohol or drugs may see smoking as a healthier habit. However, smoking is a harmful habit. About half of people with substance use disorder will die from a health issue related to using tobacco. A healthier option is to make a plan to quit as soon as possible.

**Talk to your recovery doctor if you are ready to quit smoking.**

Quitting smoking and your recovery from other substances should work together, so you don't risk a relapse.



Use the hearts below to fill in your goals for recovery and quitting smoking. You can write your goals or draw pictures.



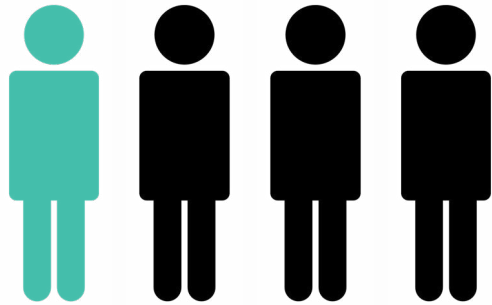
**Breathe**  
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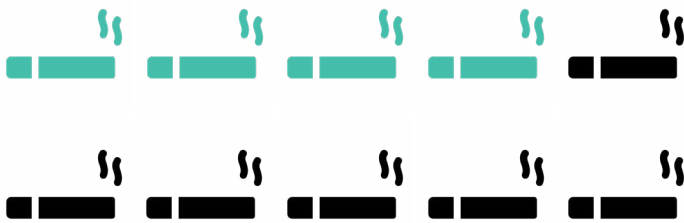
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Mental Health and Tobacco



**Did you know? 25% of adults (1 in 4) have a mental health and/or substance use disorder.**



**Those people smoke about 40% of all the cigarettes that adults smoke.**

Does this mean if you smoke, you have a mental health or substance use disorder? No. It does mean that if you have a mental health disorder or substance use disorder, you are more likely to smoke.

But that does NOT mean you have to KEEP SMOKING. You can quit!

You may have more challenges or setbacks when it comes to quitting smoking. You will be more successful if you have support to help you through it.



**Write down the names of people in your life who can be there for you if you are struggling with staying on track to quit smoking**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Planning for the Unexpected

No matter how much you plan ahead, sometimes situations will come up that will test your commitment to quit smoking, having a smoke free home, or having a smoke free car. You can't be prepared for everything. Creating a network of supportive people can help you handle difficult situations.

## Here are some strategies to keep your reasons for quitting top of mind:

- Tell family and friends that you are quitting and ask for their support
- Have a supportive person you can call during difficult times
- Save your reasons for quitting on your phone as a photo or in a notes app
- Write down your reasons for having a smoke free home and smoke free car
- Be comfortable setting boundaries to protect your goals and your health
- Step away and take 20 deep breaths before making a decision



**Write down your reasons for quitting so you can remind yourself why you chose to stop smoking.**

- 
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- 



**Think about a time you were challenged and overcame your challenge. Answer the questions below.**

**Who did you tell about your victory?**

**How did you feel when you overcame a challenge?**

**Why were you proud of yourself?**



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Impact on Children's Health

## Children with parents who smoke are more likely to have:

- Breathing problems like coughing or wheezing
- Frequent and severe asthma attacks
- More frequent ear infections, colds, bronchitis, or pneumonia
- Stuffy noses, sore throats, headaches, or hoarseness
- Sudden infant death syndrome (SIDS)
- Learning delays

## Children who are repeatedly exposed to tobacco can have an increased risk of:

- Cancer
- Heart disease
- Eye issues
- Underdeveloped lungs

As a parent or caregiver, you worry about your child's health. You have probably wondered about how your smoking has impacted your child's health too. As a parent or caregiver, you have also done many amazing things to support your child's health.



**Think about some examples of how you have cared for your child's physical and mental health. Write or draw what comes to mind below:**



**Check the activities you are ready to do now to protect your child from secondhand smoke.**

- Quit smoking
- Quit vaping
- Make my car smoke free
- Make my home smoke free
- Ask other people not to smoke around my child
- Call Quit Now Indiana to learn how to quit
- Others: \_\_\_\_\_

Children and  
Secondhand  
Smoke



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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)*

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Talking to Teens About Smoking/Vaping

Peer pressure can be a major reason why teens try smoking or vaping. Often this pressure comes from a close friend or someone they trust. As a parent, you want to let your teen know that you understand it can be hard to say “no” to a friend. Talk to them about the ways smoking/vaping impacts their health, their finances, and the health of people around them.

## Here are some facts about smoking and vaping that you can use when you talk to your teen.

- Nicotine is the chemical in tobacco products that makes you addicted. It puts you at risk for being a lifelong tobacco user.
- Chemicals in tobacco products cause cancer and can hurt almost every organ in your body.
- Teen brains are still developing. Using tobacco (smoking/vaping/chewing) can affect your brain development. This makes it harder for you to learn and concentrate.
- Most e-cigarettes have nicotine and many other harmful chemicals.
- E-cigarette flavored juice (e-juice) can be fatal if even a little bit is swallowed. It is very dangerous around young children who may think it is candy.



**You have probably been in a situation where you felt pressured to do something you did not want to do. Reflect on how you felt and how you handled the situation below.**



**When might be a good time to have these conversations?**

---



**Write down how you will start the conversation and some key points you want to go over with your teen.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Be a Healthy Role Model

Children are twice as likely to smoke as adults if they see their parents smoking. This means that a child will be exposed to secondhand and thirdhand smoke through their childhood and then face the increased risk associated with being a smoker. Ongoing lifelong exposure to cigarette smoke is dangerous. Families can pass on the habit of smoking, and its risks, from one generation to the next. By choosing to stop smoking, you can inspire healthy changes for your family's legacy.



Write about the future goals you have for your family.



What healthy habits do you want to model for your children?

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# What is Asthma?

**(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)**

Asthma is a long-term condition – you live with it every day. It affects the airways in lungs. With asthma, the airways are often swollen.

Then, if you breathe in a trigger (could be smoke, dust, pollution, pests, pets, mold, or cleaning products) the insides of the airways swell more. Sometimes, the muscles around the airways squeeze tight, making the airways even smaller.

These symptoms make it hard to breathe. There are medicines to make asthma easier to live with. Some medicines you take regularly, called controller medicines. Some medicines you take just when you need them, called rescue medicines. Follow your doctor's instructions for taking medicines.

**There is no cure for asthma. To help with symptoms, taking medicines and avoiding triggers are important.**



**Which triggers do you or your child have?**

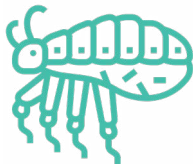
**(circle/color the triggers or write your own below)**



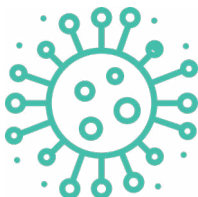
Cleaning Products



Pets



Dust Mites



Mold



Pests



Smoke



Trees

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Name: \_\_\_\_\_ Date: \_\_\_\_\_


# Ways to Prevent Asthma Attacks


(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)

## The best ways to prevent asthma attacks:

- See the doctor regularly
- Follow doctor's order and use asthma medicines as prescribed
- Avoid triggers when possible

Asthma triggers are things that cause airways to get swollen or irritated. It is important to take controller medicines regularly, but even with regular medicine, triggers can still cause an asthma attack. Controlling triggers around you or your child will help prevent asthma attacks.

 **When did you or your child last see the doctor for asthma?** \_\_\_\_\_

 **When are you or your child due to go again?** \_\_\_\_\_

 **What medicines have you or your child been prescribed?**

**Controller:**

---

---

**Rescue:**

---

---

(Some medicines are used as both controller and rescue)



**List some triggers for you or your child. How can you avoid them?**

### Triggers

- 
- 
- 
- 
- 
- 

### Ways to Avoid

- 
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- 
- 

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Smoking Increases Asthma Risks in Children

**(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)**

Secondhand smoke (smoke from other people) is the #1 cause of asthma attacks! Quitting smoking is a very important step in preventing asthma attacks.

Smoking in another room or opening a window is not enough to keep smoke away from your child or another person with asthma. A smoke free home and car are important for your child's lung health. The home of babysitters, caregivers, and relatives should also be smoke free if your child will spend time there.

Talk to the other adults in your child's life to help them understand how secondhand smoke can cause your child to have an asthma attack.



**Look at the images below and circle the types of places your child might be. Put a line through it if you know the home is smoke free. If it's not smoke free, talk to the person about keeping it smoke free.**



Your Home



Relative's Home



Babysitter



Other Caregiver



Your Car



Other People's Car



**Write down how you will talk to people about protecting your child from secondhand smoke.**

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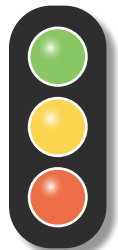


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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Asthma Action Plan

(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)



If your child has asthma, you should have an asthma action plan. This plan will help to prevent asthma attacks and to know what to do if there is an asthma attack.

← The colors of the traffic light will help you use your asthma medicine.

Your child's name: \_\_\_\_\_

Your child's asthma triggers: \_\_\_\_\_

My child's doctor is:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Green: Doing Well

### In this zone, the child is:

- Not coughing
- Not wheezing
- No chest tightness
- No trouble breathing
- Able to do all normal things (like playing and walking)
- Peak flow more than 80% of personal best

### In this zone, you should:

- Continue giving your child their normal controller medicines

### Controller medicines my child takes:

Medicine: \_\_\_\_\_

Dose: \_\_\_\_\_

## Yellow: Getting Worse

### In this zone, the child is:

- Coughing, or
- Wheezing, or
- Having chest tightness, or
- Having trouble breathing, or
- Waking up at night because of asthma
- Not able to do some normal things (like playing), or
- Peak flow 50%-70% of personal best

### In this zone, you should:

- Give your child their quick relief medicine
- Continue giving controller medicine like normal
- Check symptoms every hour

### Quick relief medicines my child takes:

Medicine: \_\_\_\_\_

Dose: \_\_\_\_\_

## Red: Emergency

### In this zone, the child is:

- Having a lot of trouble breathing, or
- Rescue medicines aren't helping, or
- Not able to do any normal things (like walking), or
- In the Yellow Zone for more than 24 hours and not getting better, or
- Peak flow less than 50% of personal best

### In this zone, you should:

- Give your child their rescue medicine
- Call their doctor
- If you can't reach the doctor and symptoms aren't going away, go to the hospital

### Rescue medicines my child takes:

Medicine: \_\_\_\_\_

Dose: \_\_\_\_\_

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Advocate for Smoke Free Housing

Even if you choose to stop smoking, you may still be living in an apartment or housing unit where neighbors smoke. This smoke can travel under doors and through vents and outlets.

## What can you do?

- If you are comfortable, talk to your neighbors about the dangers of secondhand and thirdhand smoke. Ask if they can smoke outside.
- Talk to your landlord about creating a smoke free environment or moving into a smoke free building.
- Keep your children away from areas where people smoke.
- If a person is smoking near your children, you can kindly ask them to stop while your children are present.
- Review your lease to see what options you have.



**Write a script of what you want to say to your landlord and how you can respectfully advocate for your family's health.**



**Sometimes it can be scary to speak up for ourselves. Write yourself a little note to remind yourself that you can be brave and speak up to protect your family's health.**

For more information  
and support go to  
[INSmokefreehousing.com](http://INSmokefreehousing.com)

Multi-Unit Housing



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Smoking in the Car – Breaking the Habit

If you have a habit of smoking/vaping in the car, then driving can be a trigger point for you. Being prepared to respond to this trigger will help you stay committed to having a smoke free car. You should also have a “No Smoking/Vaping” sign in your car to let others know that they cannot smoke in your vehicle and remove any ashtrays, lighters, and other smoking devices, if possible.

## Smoke free ways to enjoy your car ride:

- Listen to a podcast
- Download a free audiobook from the public library
- Place a new air freshener in your car
- Sing along to the radio
- Tell stories to your child
- Play car games like “I Spy” or “Would You Rather?” with your child
- Take deep, slow breaths



**Breaking the Habit: Give yourself a check mark each time you ride in the car and choose to stay smoke and vape free.**



**Celebrate your success! How do you feel now that your car is smoke/vape free? What strategies worked best for you? Write or draw a picture.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

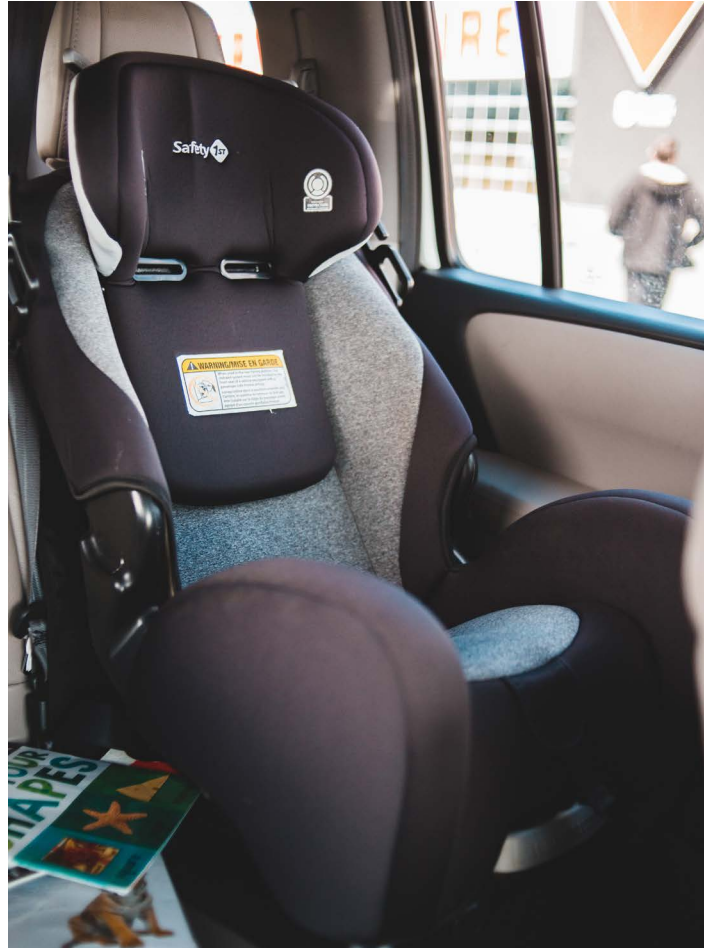
## Smoking in the Car – Cleaning Thirdhand Smoke

Once you commit to having a smoke/vape free car, you will want to take time to clean the thirdhand smoke that is left. It is very difficult to remove all thirdhand smoke that is embedded in surfaces of a car, but cleaning does reduce the concentration of chemicals.

### Cleaning your car:

- Throw away car ashtray
- Wash all surfaces with a detergent made from 3 cups of water, ½ cup of baking soda, and 1 cup of white vinegar
- Wash seat belts
- Vacuum and use a carpet cleaner on all fabric
- Clean or replace floor mats
- Children's car seats can be cleaned by washing all hard surfaces. Removeable fabric sections can be washed in the washer and dryer.

Thirdhand smoke is particularly dangerous to young children. Even after washing your car, there will still be chemicals left. You should only put the car seat in the car when it is needed. Storing the car seat somewhere without thirdhand smoke is the safest choice for your child.



**Cleaning the thirdhand smoke from your car can feel like a big hurdle. Take time to write down why this step is an important part of living a smoke/vape free life.**

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# Pledge To Be Smoke/Vape Free

*When you're ready, commit to a smoke/vape free life.*

I, \_\_\_\_\_, promise to stop smoking/vaping or using tobacco products. I know they are dangerous to my health and dangerous to the health of my children.

Starting \_\_\_\_\_ (date), I pledge to have a smoke/vape free life.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke in our home and car.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free lives too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

I will reach out to my support system if I am struggling to quit and am tempted to use tobacco products again. I know that my support system includes Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or equitnow.com.

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(date)



# Pledge for a Smoke/Vape Free Home

*When you're ready, commit to a smoke/vape free home.  
You can commit to this even if you aren't ready to pledge to a smoke/vape free car or life.*

I, \_\_\_\_\_, promise to stop smoking, vaping, or using tobacco products in my home. I know they are dangerous to my health and dangerous to the health of my children. Starting \_\_\_\_\_ (date), I pledge to have a smoke/vape free home.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in our home to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free homes too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

---

**(signature)**

---

**(date)**

# Pledge for a Smoke/Vape Free Car

*When you're ready, commit to a smoke/vape free car.  
You can commit to this even if you aren't ready to pledge to a smoke/vape free home or life.*

I, \_\_\_\_\_, promise to stop smoking, vaping, or using tobacco products in my car. I know they are dangerous to my health and dangerous to the health of my children. Starting \_\_\_\_\_ (date), I pledge to have a smoke/vape free car.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in my car to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free cars too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

---

**(signature)**

---

**(date)**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# What is a SMART Goal?

Giving your child a smoke/vape free life is a powerful way to protect their health. You need to create a plan that has short-term and long-term goals for keeping your child healthy. Create your goals using the SMART goals format.

## A SMART goal is:

- S – Specific
- M – Measurable
- A – Achievable
- R – Relevant
- T – Timebound

Specific means the goal needs to be clear and simple.

Measurable means that progress towards your goal needs to be trackable.

Achievable means the goal needs to be realistic and doable.

Relevant means the goal needs to align with what you want to achieve.

Timebound means that there is a deadline for when you want to meet your goal.



**What is a short-term goal for giving your child a smoke/vape free life?**

**Example: I will call Quit Now Indiana tomorrow morning to learn tips to start quitting.**



**What is a long-term goal for giving your child a smoke/vape free life?**

**Example: I will be at least six months smoke and vape free by this time next year.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Health Goals for You

 There are many ways to improve your overall health. Read through some suggestions on this list and check the health goals that are important to you right now.

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| Quit using tobacco                   | Visit the dentist                  |
| Improve nutrition                    | Meditate                           |
| Improve sleep quality                | Spend quality time with loved ones |
| Exercise more                        | Stretch daily                      |
| Brush teeth twice a day              | Use less screen time               |
| Schedule a check-up with your doctor | Reduce or quit substance use       |
| Start self-care practices            | Drink more water                   |
| Floss daily                          | Enroll in counseling               |
| Manage your stress                   | Limit alcohol                      |
| Lower blood pressure                 |                                    |
| Eat more vegetables                  |                                    |
| Spend time outdoors                  |                                    |

 Now pick the top 5 health goals you would like to work on from the ones you circled and rank them here:

## Top 5

- 1.
- 2.
- 3.
- 4.
- 5.

 Select the goal you want to start working on first and make it a SMART goal by filling in each of the prompts below:

Goal: \_\_\_\_\_

Describe this goal using the SMART goal format.

What is your specific goal:

How will you measure your goal:

How will you know when you have achieved your goal:

How is your goal relevant to your health:

What is your timeline for completing your goal:

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Health Goals for Your Kids

When your children are young, you are responsible for helping them stay healthy and teaching them about taking care of their health. You need to think about what health goals you want to teach your children. When your children learn healthy behaviors and goals early, they are more likely to treat those health goals as important when they are adults.



Write or draw a goal for your child in each of these areas:



Smoke/Vape  
Free Life



Physical Activity



Nutrition



Sleep



Other

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# Taking Action Towards Goals (Action Plan)

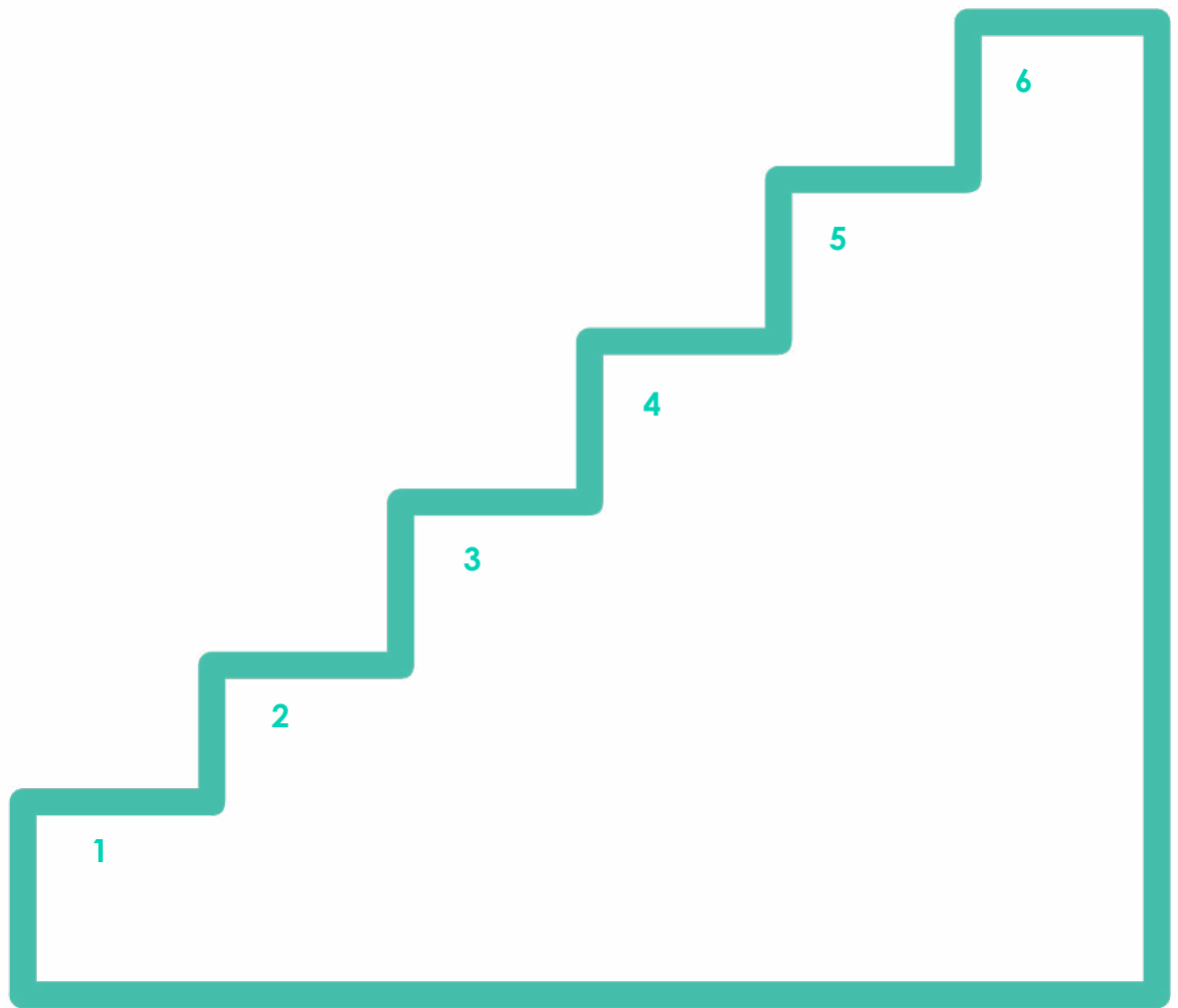
 Once you decide to quit smoking/vaping and protect your family's health, it's time to take action! Fill out the steps you need to take to reach 1 SMART goal. Copy the page for any additional goals you want to plan.

First, write down your SMART goal – this should be Specific, Measurable, Achievable, Relevant, and Time-bound.

Example: I will call Quit Now Indiana tomorrow morning to learn tips to start quitting.

---

Now, think about the steps you will need to take to reach your goal. Write one step on each of the steps below:



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# Trigger Points



Trigger points are the activities, feelings, people, or places that remind you about smoking/vaping. Even objects like an ashtray out on your table can be a trigger point.



**Write down your trigger points for smoking or vaping.**

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**How do you plan to respond to trigger points?**

**For example, if you are always tempted to smoke/vape after eating, you can plan to take a walk after you are done with your meal instead.**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# What Are Your Reasons?

Quitting can be tough. Focusing on your reasons to quit smoking will make it easier. There are plenty of reasons people quit smoking.

- Improving your health
- Saving money
- Being a healthy role model for your child
- Being able to run or do other exercise without losing your breath
- Living longer

Whatever your reasons are for quitting, writing those reasons down will be a good reminder later when you may be tempted to smoke/vape again.



Write down one reason to quit on each side of the stop sign. If you have more than eight, feel free to write in the space around the stop sign as well.



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# Reward Yourself

Celebrate all the big and small wins of quitting! Each day that you complete without smoking or when you avoid a trigger point is an accomplishment. Be proud of yourself...and reward yourself in a healthy way.

## Reward Ideas:

- Go see a movie
- Have dinner at your favorite restaurant
- Sleep in one morning
- Purchase a new book
- Order a coffee from the local coffee shop
- Attend a concert
- Take a fitness class
- Enjoy a special outing with your family



Plan how you will reward yourself at each point in your journey.



Day One



Week One



Month One

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# Stress Management

How do you handle stress? Do you smoke during times when you feel extra worried or tense? Stress is normal, but it can be unhealthy to feel stress for too long. Like smoking, stress can affect your overall health. Let's think about ways to lower your stress. When you feel calmer, it is easier to choose not to smoke/vape.



**What Activities Relieve My Stress?**  
Example: Walking around the block

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**What Can I Remove From My Life to Reduce Stress? Example: Unfollow negative pages on social media**

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## Practice Deep Breathing

Breathe slowly through your nose. Pay attention to your chest rising and your belly expanding. Slowly breathe out through your mouth. Repeat this a few times. Think about how your body feels.



**Write down what thoughts and emotions you had during the exercise.**

Tips for Coping with Stress



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# Family Meetings to Talk About Quitting

So, you're thinking about quitting smoking, but you live with other people, and some of them may smoke/vape as well. What should you do? Hold a family meeting of course!

## Who:

Everyone in the household should be a part of the meeting. You might also need to think about inviting other people who you are close to, such as relatives or close friends who are often at your home.

 **Who should be at your meeting?**

## What:

Let the family know you want to quit smoking and give them your reasons and your timeline. Your reasons might include saving money, improving your health, and improving your child's health. Ask them all to support you and encourage them to quit smoking too, in a non-judgmental way.

 **Write down your reasons here:**

## Where:

Hold your meeting somewhere that is quiet and comfortable. This might be right in your home or it could be somewhere outdoors that your family enjoys.

 **Where would you like to hold your meeting?**

## When:

Hold your meeting at a time when everyone has time to sit and talk, not right before people need to leave.

 **When will you hold your meeting?**

**Finally, take time to answer everyone's questions. Some questions you may get or that you could ask of others who plan to quit are:**

- How can I support you when you want to smoke/vape again?
- Are you using any quitting aids (such as nicotine patches)?
- What would you like to do to celebrate when you have quit for 1 month? 6 months? 1 year?

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# Say This, Not That



When someone you know is quitting smoking, it is important to be supportive to help them stay on track. One way to be supportive is to use positive words! (Hint: if you are quitting smoking, you can show this page to people in your life, so they know how to support you.)

 Below are lists of phrases to say and not say. Fill in the last few lines with your own ideas.

## Say This

- I'm here if you need help quitting.
- You're doing healthy things for your body.
- Let's get together and do (choose a healthy activity).
- Your clothes and home smell nicer now.
- I love you and want to support you.
- I've never been through this, but I'm here to listen when things are hard.
- Let's go to this (non-smoking event).

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## Not That

- Yeah, right. You're quitting smoking. Again.
- Smoking is gross. Why did you ever do it?
- You're so unhealthy from smoking for so long.
- Your clothes and home have always smelled so bad.
- If you loved me, you'd quit for good this time.
- I know just how hard this is for you.
- Let's go to this (event where smokers may be a trigger).

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# Healthy Family Activities



When you or someone in your family are quitting smoking, one way to stay on track is to plan healthy family activities. These will keep your family active and can be a nice reward for making the effort to quit.

 Below are some ideas to get your family started. Talk to your family about other activities you want to do and fill in the empty spaces with your ideas.

- Cook a healthy meal together
- Go on a hike or walk through a park
- Plant flowers in a garden or in a flowerpot
- Play children's games together, such as jump rope, hopscotch, or duck-duck-goose
- Have a family dance party
- Go to the zoo

 Pick one of the activities above and set a date to enjoy that activity.

My family will \_\_\_\_\_ on \_\_\_\_\_ (insert date).

You will all have something fun to look forward to and will create special family memories!

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# Being Supportive During a Setback

If you have quit smoking, you know how hard it can be. When a family member chooses to quit smoking, they need your support even if they have a setback on their journey. You can be supportive by helping your loved one reflect on their goals and by creating a new plan. Remember, a person may attempt to quit many times before quitting for good. No matter what, stay positive and stay patient.

## Help them identify what made them choose to smoke again.

- Was there a trigger that led them to smoke/vape?
- Did they not feel enough support from people in their life?
- Were the symptoms of nicotine withdrawal too difficult?
- Do they need help from a doctor?
- Did they use nicotine replacement therapies and was it helpful or not?



**What are some things people said to you when you were quitting smoking? Were these statements helpful or not?**



**What type of support do you want to give family members who are quitting? What things do you want to make sure you do not say or do?**

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# You Had a Setback. Now What?

It's not always easy to quit smoking. Some days are going to be tougher than others. You may even have a setback and smoke/vape again. What can you do?

Smoking or vaping after you have already quit doesn't mean you failed. You're human and things like this happen. It's important that you don't let this setback throw you off of your goal to have a smoke/vape free life.

**When you have a setback, it's important to look at what led up to it.**



**What was going on in your life in the days or the week before your setback?**

Do you think these events added stress to your life? Stressful events can make us want to go back to comfortable old habits, even if they are not healthy.

It's good to have healthier habits we can turn to when life gets stressful.



**What are healthy activities you enjoy doing that help you de-stress?**

**Examples: reading a book, taking a walk, soaking in a bath**

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**Your next steps should be to make a plan to quit again, if you haven't already.**

1. Set a date to quit.
2. Talk to friends and family about your plan so they can help keep you on track.
3. Call Quit Now Indiana at 1-800-QUIT-NOW for support.
4. Talk to your doctor about quitting aids if you need the extra boost to get back to your smoke/vape-free life.

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## CONTACT US

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