

Breathe

Healthy Steps to
Living Tobacco Free



Interactive Flip Chart



Pregnancy and Secondhand Smoke

Even if a woman doesn't smoke, she and her unborn baby can still be at risk if she's around smokers and breathing in smoke. The chemicals in tobacco smoke enter the mother's bloodstream and go everywhere in her body. This reduces the oxygen to her baby and exposes her and the baby to toxic chemicals.

Secondhand smoke increases the risk for problems like:

- Giving birth too early when baby is not fully developed
- Low birth weight, even when baby is born full term
- Infant death (from miscarriage, stillbirth, or Sudden Infant Death Syndrome-SIDS)
- Birth defects (heart defects, lip and mouth defects)

Thirdhand Smoke

Thirdhand smoke is the chemicals left behind after someone smokes. It's what makes a house, car, or clothes smell like smoke. Pregnant women should avoid houses and cars that people have smoked in.

Smoking in the Home

Sometimes pregnant women who don't smoke may live with someone who does. Pregnancy is a good time to start the conversation about making the home and car smoke free to protect the baby during pregnancy and to create a safe environment to bring baby home to.



Let's Chat:

Talk to parents about the following:

- **Tell me about the times when people were smoking or using e-cigarettes around you.**
- **Tell me how you have handled that.**
- **Have you talked to family members about making a smoke free environment for your baby?**



If appropriate, give:
Parent Handout - #01
*Pregnancy and
Secondhand Smoke*

Pregnancy and Secondhand Smoke



When you are pregnant, you know how important it is to protect your baby. Stay away from others who are smoking and ask your friends and family not to smoke around you.

Smoking During Pregnancy

There is No Safe Amount of Smoking

Even a few cigarettes a day means harmful chemicals will reach your baby and damage your health. Every puff of a cigarette speeds up your heart rate, increases your blood pressure, and increases the amount of carbon monoxide in your bloodstream. Carbon monoxide is a poison that slows brain development, and can cause your baby to have a smaller brain.

Effects of Smoking

If you smoke during pregnancy, you are more likely to have problems with your placenta. The placenta is inside of the uterus (womb) and delivers all of the oxygen and food to your unborn baby through the umbilical cord. Nicotine constricts nutrient carrying blood and oxygen flow to the placenta and umbilical cord. In smokers, the placenta is more likely to tear away from the womb's wall. This can cause bleeding and can be very serious, and even deadly, for the mother and the baby.

Women who smoke are more likely to have a **miscarriage or stillbirth** (death of the baby after 20 weeks of pregnancy).

Smoking during pregnancy can lead to preterm labor. This is when labor starts too early (before 37 weeks of pregnancy). Preterm babies have been born too early and may have disabilities or even die. Even if a smoker's baby is born full-term (40 weeks) they are often very small and have health problems because they didn't get enough oxygen and necessary nutrients while in the womb.

Are E-cigarettes Safe?

"Vaping" aerosols ("vapor") from e-cigarettes contain formaldehyde, carcinogens that cause cancer, nicotine and heavy metals that may damage the baby's developing brain.

If you drink, sniff, or touch the liquid in an e-cigarette it can cause nicotine poisoning, which can be deadly.

Quitting While Pregnant

Quitting smoking, even after you are already pregnant, can make a big difference in your baby's life!

Women who quit smoking have healthier babies. No matter how far into your pregnancy you are, quitting will help your baby now and after they are born. **Talk to your doctor about help with quitting.**



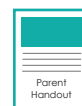
Let's Chat:

Talk to parents about the following:

- **What are your thoughts about pregnant women quitting smoking or use of e-cigarettes? Is it hard? Does being pregnant make it easier to quit?**
- **How can a pregnant woman get help to quit?**



WATCH: Follow the link to watch a short video. *Pregnancy and Smoking*



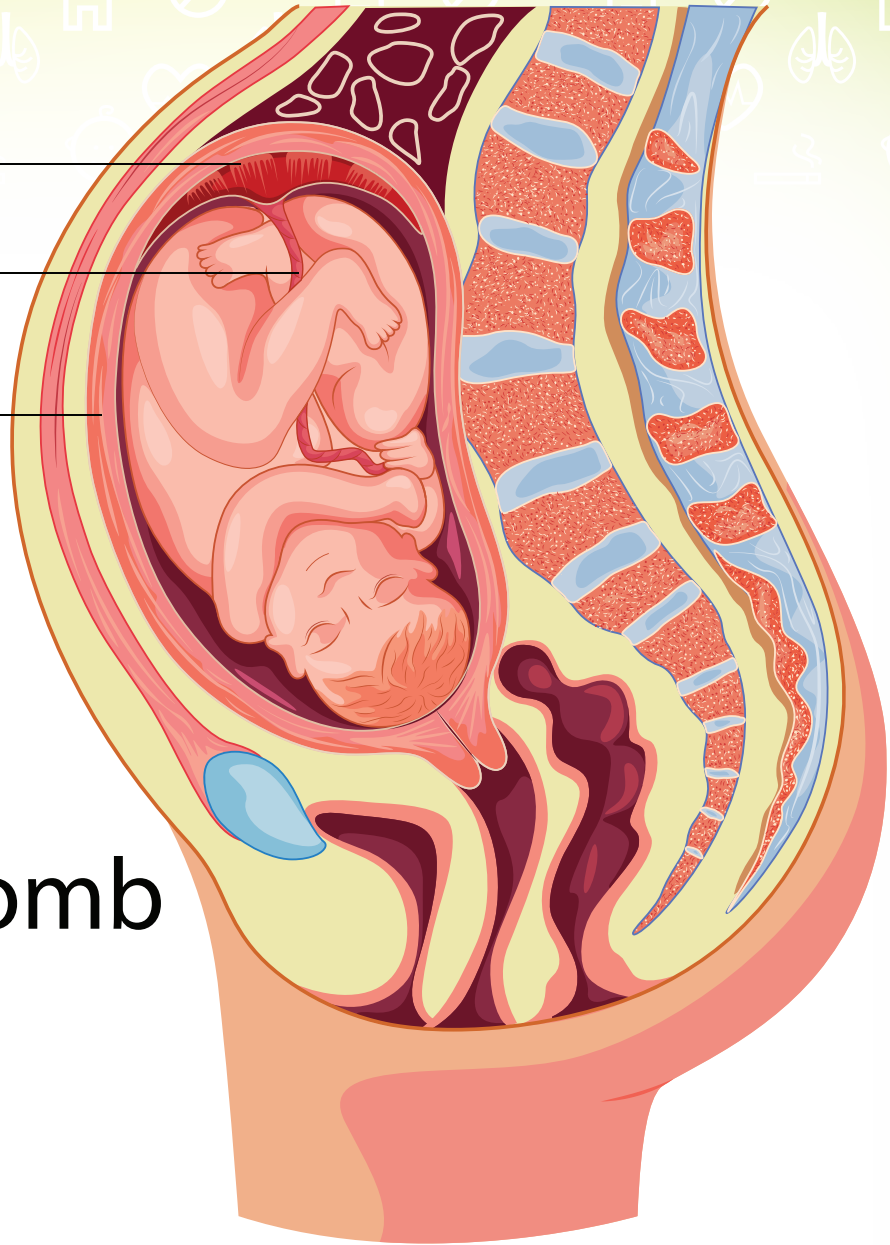
If appropriate, give: **Parent Handout - #02** *Smoking During Pregnancy*

Smoking During Pregnancy

Placenta

Cord

Uterus



Baby In Womb

When you use any form of tobacco during pregnancy, chemicals pass through the placenta and umbilical cord into the baby's bloodstream.

Pregnancy and
Smoking



Secondhand Smoke

Secondhand smoke comes from lit cigarettes, cigars, pipes, and e-cigarettes. It also comes from the smoke breathed out by a smoker.

Secondhand smoke contains over 7,000 chemicals.

Damage from Secondhand Smoke
Secondhand smoke is especially harmful to children because their lungs and brains are still developing.

Secondhand smoke can cause:

- Harm to babies even before they are born
- Sudden Infant Death Syndrome (SIDS)
- A child's lungs to not fully grow or develop
- Ear infections, colds, bronchitis, and pneumonia in infants and children
- More doctor visits, missed school, and days off work to take care of a sick child
- Asthma attacks, which can be life threatening
- Serious health problems such as lung cancer and heart disease
- Learning difficulties

How Are Children Exposed?

Children can be exposed to secondhand smoke or aerosols from e-cigarettes:

- In your home or car
- In public places
- At a caregiver or relative's house
- In parks or playgrounds
- Near entrances to stores and restaurants

Secondhand smoke can travel into other rooms. The only way to protect children from secondhand smoke is to not smoke in indoor spaces and vehicles. It is not enough to open a window or smoke just outside the door.

In apartment houses, secondhand smoke can travel between apartments through the hallways, stairwells, cracks in the walls or floors, heating/cooling vents, and elevator shafts.

Children who regularly breathe secondhand smoke can have lifelong health, learning, and behavior problems. There is no safe level of secondhand smoke exposure.

Making your home and car smoke free is one of the most important things you can do for the health of your family.



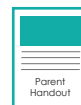
Let's Chat:

Talk to parents about the following:

- **Can you tell me about places where your child may be exposed to secondhand smoke?**
- **What thoughts do you have about how to change this?**



WATCH: Follow the link to watch a short video.
Children and Secondhand Smoke



If appropriate, give:
Parent Handout - #03
Secondhand Smoke

Secondhand Smoke



Did you know, children who regularly breathe secondhand smoke can have lifelong health, learning, and behavior problems? There is no safe level of secondhand smoke exposure.

Children and
Secondhand
Smoke



Thirdhand Smoke

What is Thirdhand Smoke?

Smoking can leave behind chemicals that stick to surfaces and can harm children: this is called thirdhand smoke.

Thirdhand smoke is the leftover pollution from cigarette, cigar or pipe smoke after it is put out. **It's what you smell on clothes, in homes, or cars after someone has been smoking.** It sticks to clothing, furniture, carpet, curtains, walls, bedding, hair, dust and vehicles long after the smoking has stopped. Thirdhand smoke can also build up on the fur or feathers of pets.

Effects of Thirdhand Smoke

Thirdhand smoke is made up of more than 250 toxic chemicals such as lead, arsenic, and carbon monoxide. **These chemicals can cause serious health problems for children and adults, including cancer.**

Thirdhand smoke cannot be removed by airing out rooms, opening windows, using fans or air conditioners, or smoking in only one room.

If you smoke, only smoke outside and wear a coat you only wear when you smoke. When you come back inside, wash your hands right away.

Who is at Risk?

Children and adults who spend time in homes, cars or other spaces where people have smoked are at risk of tobacco-related health problems from thirdhand smoke residue. **Infants and young children are especially at risk. They crawl and play on contaminated floors and furniture, breathing in and touching the chemicals. They touch, hold, and chew on items covered in them. In addition, the children are often picked up and held by adults whose clothing, hair and skin is contaminated by thirdhand smoke chemicals.**

As babies crawl, their movement kicks up high levels of dirt, bacteria, pollen, and the chemicals from thirdhand smoke. **Infants breathe in four times as many chemicals an adult would breathe walking across the same area.**

Let's Chat:

Talk to parents about the following:

- **Can you tell me about places where your child may be exposed to thirdhand smoke?**
- **What thoughts do you have about how to change this?**



WATCH: Follow the link to watch a short video.
Thirdhand Smoke



If appropriate, give:
Parent Handout - #04
Thirdhand Smoke

Thirdhand Smoke



Smoking leaves behind chemicals that stick to surfaces and can harm everyone, especially children.

Thirdhand Smoke



E-cigarettes

What are e-cigarettes?

Electronic cigarettes (e-cigarettes) are small, battery powered devices that heat up a liquid containing water, a solvent, flavorings, and usually nicotine. Heating the liquid releases a cloud of “vapor” that the user inhales and blows out. While users call it “vapor,” it has nicotine and other harmful chemicals. As it evaporates and disappears, it leaves behind invisible chemicals and metal particles.

Is “vaping” or use of e-cigarettes safe?

People think using e-cigarettes is safe because they release water “vapor” instead of smoke, but that is not true.

The e-liquids contain harmful chemicals similar to regular cigarettes. E-cigarettes also contain nicotine, which is highly addictive.

The liquid in e-cigarettes may also contain heavy metals such as lead and cancer-causing chemicals. These liquids are often candy or fruit flavored, designed to encourage children and teens to start “vaping” or using e-cigarettes. **It is not safe to “vape” around children or let children play with e-cigarettes. E-liquids should always have a childproof cap to prevent potential poisoning.**

Dangers of E-Cigarettes

- The batteries can explode, causing severe burns to the person holding them and those around them.
- They may look like regular items, like an ink pen. Children may put them in their mouth, which can be dangerous.
- E-liquids contain nicotine. If a person drinks, sniffs, or touches the liquid in the e-cigarette it can cause nicotine poisoning. **Nicotine poisoning can be deadly.**
- Children can be exposed to nicotine when they are near an adult who is “vaping” or using e-cigarettes. They can also be exposed when they touch the surfaces where the “vapor” residue has built up and then put their hands in their mouths.



Let's Chat:

Talk to parents about the following:

- **Can you tell me about places where your child may be exposed to “vaping”?**
- **What thoughts do you have about how to change this?**



If appropriate, give:
Parent Handout - #06
E-cigarettes

E-cigarettes



As with regular cigarettes, e-cigarettes cause secondhand and thirdhand exposure, which has been linked to many serious health problems.

Marijuana

Marijuana (called pot, weed or cannabis) is a drug that comes from the hemp plant. The chemical in marijuana that makes you feel “high” is called THC. Marijuana can be smoked, vaped or mixed with food.

It’s common to hear people say marijuana is safe because they feel it is “natural.” There are many plants found in nature that are not safe for children or pregnant women to be exposed to and marijuana is one of them. Marijuana smoke has many of the same toxins, irritants and carcinogens as tobacco smoke.

Marijuana Use in Pregnancy

Eating, drinking or smoking marijuana while pregnant passes THC to your baby. This can cause many problems for your baby before they are born and later in their life.

Some problems babies have from marijuana exposure include:

- Premature birth or stillbirth
- Having a brain that did not develop normally
- Being born addicted and suffering withdrawal symptoms
- Having trouble sleeping
- Having trouble in school with attention, memory and learning problems
- Behavior problems

Breastfeeding

THC and other marijuana chemicals can be passed to your baby through breast milk. Women who are breastfeeding should not use marijuana. **There is no**

level of marijuana exposure that is safe for a pregnant or breastfeeding woman.

Effects on Children

When children are exposed to secondhand marijuana smoke:

- They have shown traces of THC in their urine.
- Secondhand marijuana smoke can trigger an asthma attack.
- Secondhand marijuana smoke can cause reduced memory and coordination.

K-2/Spice (synthetic marijuana)

Synthetic marijuana affects the brain much more powerfully than marijuana. **It can cause life-threatening problems including brain swelling, seizures, hallucinations, fast heartbeat, and chest pains.** If someone you know has taken synthetic marijuana and needs help, call 911. As with marijuana, children and pregnant women should not be exposed to the smoke.



Let’s Chat:

Talk to parents about the following:

- **Can you tell me about places where your child may be exposed to marijuana smoke?**
- **What thoughts do you have about how to change this?**



WATCH: Follow the link to watch a short video.
Marijuana Use in Pregnancy



If appropriate, give:
Parent Handout - #07
Marijuana

Marijuana



It's common to hear people say marijuana is safe because they feel it is "natural." There are many plants found in nature that are not safe for children or pregnant women to be exposed to and marijuana is one of them.

Marijuana Use
in Pregnancy



How Smoking Affects Children

Smoking by parents or caregivers in the home is the most common way young children are exposed to tobacco smoke.

Even after a smoker finishes a cigarette, the chemicals remain on their hands and clothes, as well as in the air and on surfaces (carpet, flooring, curtains). Children crawl and play on these surfaces and put toys into their mouth, further exposing them to the chemicals from the tobacco smoke.

Effects on Children

Tobacco smoke causes many health problems in infants and children because their lungs and brains are still growing.

Children who have parents or caregivers who smoke are more likely to have:

- Breathing problems (wheezing and coughing)
- Frequent and severe asthma attacks, which can put the child's life in danger
- Get sick more often with colds, bronchitis or pneumonia
- Stuffy nose, headache, sore throat, eye irritation, and hoarseness
- Ear infections
- Sudden Infant Death Syndrome (SIDS)
- Learning difficulties
- Women who breastfeed while smoking may pass nicotine to their baby through the breastmilk. It's best to smoke after nursing so you pass less nicotine to your baby.

Effects on Older Children

As children get older and are exposed to tobacco smoke, they get more serious infections which take longer to get better. This means they miss more school and parents may miss more work to stay home to care for them. In some cases, the infections are serious enough to require the child to go to the hospital.

A child exposed to tobacco smoke over time can have an increased risk for:

- Cancer
- Heart disease
- Eye problems
- Having lungs that never fully develop

Smoking in the home affects future generations: **children who see their parents smoke are twice as likely to smoke when they are adults.**



Let's Chat:

Talk to parents about the following:

- **Did any of the health effects of secondhand smoke surprise you?**
- **How do you feel about children of smokers being twice as likely to smoke?**



If appropriate, give:
Parent Handout - #05
How Smoking Affects Children

How Smoking Affects Children



Parents can be a healthy role model by not smoking! Tobacco smoke causes many health problems in babies and children because their lungs and brains are still growing.

Asthma

Note: For use with parents/ caregivers of children who have been diagnosed with asthma by a medical professional.

Children with asthma need special care to keep them healthy. Having good asthma control means that your child is not having many symptoms and their life is not limited by asthma.

Secondhand Smoke and Asthma
Secondhand smoke is the #1 cause of asthma attacks. If you smoke, quitting is the most important step. It is not enough to smoke in a different room or to open a window. Having a smoke free environment at home, in the car, at relatives' homes and at daycare is very important for your child's health. **Children with asthma who are around secondhand smoke have more severe asthma attacks.**

Children with asthma who live with smokers:

- May have flare-ups more often
- Are more likely to have to go to the emergency room with severe asthma flare-ups
- Are more likely to miss school because of their asthma
- Must take more asthma medicine
- Have asthma that's harder to control, even with medicine

Being exposed to secondhand smoke may put children at risk of developing asthma, even if they've never had any breathing problems before.

Secondhand Smoke Outside Your Home

Even if you don't smoke in your home or car, it's important to know if your child is being exposed to secondhand smoke. Talk to relatives who watch your child, your babysitter, and other adults in your child's life. **Help them to understand how secondhand smoke can cause your child to have a dangerous asthma attack and how important it is for your child to not be exposed to secondhand smoke.**

Asthma Action Plan

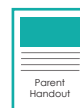
Asthma can be a challenge, but it can be controlled by having and following an asthma action plan each day! The asthma action plan should be shared by everyone who cares for your child including family caregivers, babysitters, daycare center workers, and schools.



Let's Chat:

Talk to parents about the following:

- **Do you have an asthma action plan and has it been shared with all the adults in your child's life?**
- **If someone in your child's life is smoking, what are some ways you could help them understand how dangerous that could be to your child?**



If appropriate, give:
Parent Handout - #08
Asthma
Parent Handout - #09
Asthma Action Plan

Asthma



Children with asthma need special care to keep them healthy. Secondhand smoke is the #1 cause of asthma attacks.

Making Your Home and Car Smoke Free

Steps to plan for a smoke free home and car:

Step 1: Hold a family meeting to talk about how you are going to work together to create a smoke free home and car.

Step 2: List your family's reasons for wanting a smoke free home and car. Although this might be more difficult for family members who smoke, listen and be supportive. Be firm about your concerns for your family's health and need to live in a smoke free home.

Step 3: Set a date to go smoke free and make a family smoke free pledge.

Step 4: Take action! All the talking and planning in the world cannot take the place of action.

Here are some specific actions your family can take:

In Your Home:

- Make sure everyone in the house, including visitors, knows that they have to go outside to smoke.
- Post a No Smoking sign on your front door and the smoke free pledge on your fridge to let people know that you do not allow smoking in the house.
- Remove all ashtrays.
- Ensure your children's caregivers or babysitters do not smoke around your children.

In Your Car:

- Post a smoke free sign on your car window and let everyone know that you do not allow smoking in your car.
- Give your car a good cleaning. It is very difficult to remove all traces of smoking, but whatever you can do will help.
- Get rid of your car's ashtray. If you can't get rid of it, clean it and fill it with change or sugar free gum.

Step 5: Your home and car are smoke free! Celebrate your success! Don't forget to thank those family members who may have had a tough time adjusting to the smoke free home and car.

Step 6: Making your home and car smoke free and keeping it that way may not be easy. You may need to have a follow-up meeting to discuss how everyone is doing. If you have serious family conflict over going smoke free, contacting a family counselor may be helpful.



Let's Chat:

Talk to parents about the following:

- **What do you think will be the hardest part of making your home and car smoke free?**
- **Which family members do you think will support you?**



If appropriate, give:
Parent Handout - #13
Making Your Home and Car Smoke Free

Making Your Home and Car Smoke Free



Making your home and car smoke free and keeping it that way may not be easy. There are steps you can take to make this happen for your family.

Making a Plan to Keep Your Child Healthy

Giving your children a smoke free life is one of the most important things you can do for their health. It can be hard enough for you to quit smoking, but asking other people such as your relatives, neighbors, and childcare providers not to smoke can be uncomfortable.

Here are some helpful tips: Help others quit smoking, if they are ready. Although quitting is a personal choice, you may be able to help them quit by offering support and encouragement.

Do not allow smoking in your home and car. It is your home and car so you have the right to make the rules. Tell everyone that smoking will only be allowed outdoors. Even if children are not around, the chemicals left behind from smoking are harmful.

Review your apartment lease. If you live in a building with other tenants who smoke, you may be exposed to secondhand smoke. Check to see if there are any rules about smoking indoors.

- If a smoking neighbor is affecting you, try to resolve the issue by kindly discussing the situation with them or by talking with your landlord.

Keep children away from areas where people are smoking. If you must be near the person smoking, kindly ask them if they could stop while your children are present.

- Explain that you wish to protect your children's health.
- If they refuse to stop smoking, be understanding and move away from the smoker.

Prevent friends, family, and childcare providers from spending time around your children while smoking. Explain that you value them and want them in your child's life, but that you cannot allow them to smoke around your children. Do your best to be firm, but also respectful.

Avoid the homes of friends, family, and childcare providers who are smokers. If your child wants to have a sleepover at a friend's house whose parents smoke or if your childcare provider allows smoking in her home, suggest that your child's friend or childcare provider come to your home instead.



Let's Chat:

Talk to parents about the following:

- **Which of these areas do you think you can do first?**
- **Which of these areas do you need to make a longer term plan for?**



If appropriate, give:
Parent Handout - #14
Making a Plan to Keep Your Child Healthy

Making a Plan to Keep Your Child Healthy



By making a plan, you can keep your family smoke free!

Stress Management

What is Stress?

Stress is feeling under too much pressure to cope. Common stressors include work, relationships, and money. **Stress affects how you feel, think, act, and how your body works.** When you are stressed you may feel tense, nervous, worried, have problems sleeping, lose or gain weight, and have problems concentrating.

Smoking and Stress

You might have learned to deal with stress by smoking. Even after you quit smoking, you may want a cigarette when you feel stressed. Smoking can contribute to a person's stress level by causing illness to themselves or family members, for example.

Healthy Ways to Handle Stress

We will always have stress in our lives, but there are healthy ways to lower our stress levels. Learning to deal with stress in healthy ways will make you feel calmer, and will improve your health.

Some healthy ways to reduce stress are;

- **Exercise.** Exercise releases chemicals that cause positive feelings.
- **Eat well.** Eating healthy foods helps your body cope with the side effects of stress and helps you feel better.
- **Sleep better.** Getting 7-9 hours of sleep each night is important. Try to go to bed and wake up around the same time every day.
- **Read.** Reading for as little as 6 minutes reduces stress.
- **Thankful journaling.** Every day, write down 3 things for which you are thankful.

- **Laugh more.** Laughing makes you happier and reduces stress.
- **Deep breathing.** Breathe in slowly through your nose, allowing your chest and lower belly to expand as you fill your lungs. Now breathe out slowly through your mouth. Repeat.
- **Practice mindfulness.** Mindfulness is slowing down to be fully aware of your thoughts, emotions, and how your body feels.
- **Clean the house.** Having a clean and organized home can reduce stress.
- **Hand warming.** When stressed, hands and feet can get cold. Warming your hands can help you feel calmer. Hold something warm like a cup of tea or run hands under warm water.
- **Friends and family.** Talk to a friend or family member who can support you.



Let's Chat:

Talk to parents about the following:

- **Do you feel there are ways smoking helps you deal with stress?**
- **Do you feel there are ways smoking can cause more stress in your life?**
- **What are some healthy options you could choose to deal with stress?**



WATCH: Follow the link to watch a short video. *Tips for Coping with Stress*



If appropriate, give: **Parent Handout - #12** *Stress Management*

Stress Management



Learning to deal with stress in healthy ways will make it easier to quit smoking, will make you feel calmer, and will improve your health.

Tips for Coping
with Stress



Thinking About Quitting



Let's Chat:

Talk to parents about the following:

- **There are probably many reasons why you smoke. Do these sound familiar?**

Reason One: "It relaxes me."

When you smoke, a chemical in your brain makes you feel pleasure. This relaxation only lasts a few minutes.

- Deep breaths give you the same relaxed feeling. Try breathing in deeply, holding your breath for a few seconds, and slowly breathing out. Doing this can increase oxygen to your brain, which will help you feel more awake and calmer.

Stopping for a smoke break gives you a break from work or something that is causing you stress

- You can still take a break, but try visualizing a calming scene, giving yourself a hand massage, or taking a quick walk.

Having a cigarette takes your mind off your worries

- Managing your stress in healthy ways is the key to success.
- Thinking about something positive or changing activities can help get your mind off of the craving.

You like to smoke so it seems calming

- Try other things that you like - hobbies, exercise, or talking with a friend.

Reason Two: "It curbs my appetite."

- Nicotine, the harmful and addictive chemical in cigarettes, can make you

less hungry, but it can also put a lot of stress on your heart and lungs.

The stress on your heart from smoking a pack a day is equal to being 90 pounds overweight.

Reason Three: "It helps me stay focused."

- Nicotine is a stimulant, which helps wake you up, but it does other dangerous things to your body. Nicotine starves your brain of oxygen. Your brain needs oxygen to work well.
- When you get more oxygen, your brain can focus and think more clearly. Exercise or do deep breathing for more oxygen.



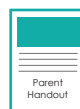
Let's Chat:

Talk to parents about the following:

- **What do you like about smoking?**
- **What don't you like about smoking?**
- **How could your life be better if you didn't smoke?**
- **What is stopping you from having that life?**

Talk to your doctor about nicotine replacement therapies and find support at:

- **1-800-QUIT NOW**
- **Visit www.smokefree.gov**
- **Pregnant women: for helpful text messages, text MOM to 222888**



If appropriate, give:
Parent Handout - #10
Thinking About Quitting

Thinking About Quitting



Quitting smoking is one of the best things you can do to improve your health and the health of your children. Plus, you will have more energy, smell better, look better, and have more money!

Tips to Help You Quit Smoking

Reasons to Quit

There are many great reasons to quit smoking, but knowing your personal reasons can make it easier.

- Write down the reasons you want to quit. Put these where you can see them to remind yourself every day of why you are quitting.
- Choose the date of your last cigarette. Get rid of all of the reminders of smoking (cigarettes, matches, lighters, and ashtrays) so you are not tempted.
- Tell important people in your life about your plan. Having support makes a big difference.
- Keep yourself busy. Exercising, such as going for a walk, is a great way to keep your mind off smoking and improve your health.
- Eat more fruits and vegetables and drink plenty of water. Eating healthy foods can help you feel your best and handle stress better. Water will help to flush the nicotine out of your system.
- Reward yourself! Quitting smoking happens one minute, one hour, one day at a time. Quitting is hard! Be proud of your accomplishments.

What to Expect When Quitting

When your body has not had nicotine for a while, it causes withdrawal symptoms such as irritability, frustration, anger, anxiety, or depression. **These symptoms can be unpleasant, but you can get through them.** They get better the longer you are tobacco free. Talk to your doctor about products or medication that can help.

Triggers

There are certain activities, feelings, and people that you connect with smoking. When you come across these things they can “trigger,” or turn on, your urge to smoke. **Knowing what your triggers are and having a plan to deal with them will help you succeed.** Write down the times or places you smoke and have a plan for what you will do instead.

Get Help

Your doctor, or your child's doctor, can help you quit. Ask about proven ways to quit like Nicotine Replacement Therapies. Call the Indiana Tobacco Quitline at 1-800-QUIT-NOW or find Quit Now Indiana on Facebook and Twitter.



Let's Chat:

Talk to parents about the following:

- **What are your top reasons for wanting to quit?**
- **What do you think will be the hardest triggers to overcome?**



WATCH: Follow the link to watch a short video.
Tips for Quitting Smoking



If appropriate, give:
Parent Handout - #10
Thinking About Quitting

Parent Handout - #11
Tips to Help You Quit Smoking

Parent Handout - #15
The Benefits of Quitting

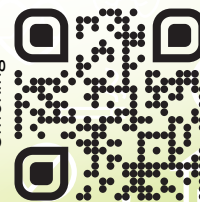
Parent Handout - #16
I'm Quitting!

Tips to Help You Quit Smoking



There are many great reasons to quit smoking, but knowing your personal reasons can make it easier.

Tips for Quitting Smoking



Breathe

Healthy Steps to Living Tobacco Free

How to Use This Flip Chart:

This flip chart was designed to be used by early interventionists, home visitors, and others who work with parents of young children. Breathe: Healthy Steps to Living Tobacco Free can be used for one-on-one or group teaching with parents.

Face the page with the picture towards the parent and go over the wording on the page facing you. Links to short videos are provided, as are suggestions for parent handouts and motivational interviewing prompts.

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Indiana
Department
of
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