

Daily Dilemmas

Parent Activity

Overview

Parents will match smoking related scenarios they may encounter in their daily life with possible solutions to managing them.

Supplies

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationship
- #3 Family Connections to Peers and Community

Scenario Cards - 1 set per 2-3 adults

Scenario Solution Cards - 1 set per 2-3 adults

Extensions/ Adaptations:

This could be done as a speed competition with the first group to correctly match each scenario with solution wins a small prize. This could be done as a large group by reading the scenario aloud and having parents offer ideas on how to handle the situation.

Before You Begin

Make copies of the Scenario and Solution cards. Cut them on the lines. Paper clip each set together so you have enough sets for each parent group to have a set.



Steps

Pre-Activity Discussion: Deciding not to allow smoking in your home and car or around your child will protect them from secondhand and thirdhand smoke. This is one of the healthiest things you can do for them.

Secondhand smoke: is the smoke that comes off the end of a burning cigarette and is breathed out by the smoker.

Thirdhand smoke: is the toxic residue that remains on surfaces such as floors, carpets, furniture, bedding, and walls for weeks and months after an area has been smoked in.

Saying you don't want anyone to smoke in the house or car is sometimes easier said than done. Life gets busy and people can challenge your plans.

Activity Instructions

1. Put parents into groups of 2-3 and give each group a set of both Scenario and Solution cards.
2. Have parents work together with their partner to match the scenario with the best option for dealing with the scenario.
3. When all groups are finished matching their cards, discuss as a group the following questions:
 - What did each group match for scenario 1-6?
 - If there are different answers between groups, ask:
 - » “Why did you choose that answer?”
 - » Then ask the large group “What do you think about that?”
 - Ask the group as a whole:
 - » “Which of these scenarios would be the most challenging for you? Why?”

Post-Activity Discussion:

Ask: Can you think of other situations that may come up that would make it challenging to provide a smoke free environment?

Post-Activity Discussion:

Ask: What are some benefits to keeping your home and car smoke free?

- You will be a healthier role model
- It will decrease your own cigarette use
- You will lower the risk of fire in your home
- You will save time, money, and energy
- Fresher air in your home and car
- You will have a cleaner home and car

Scenario 1:

You have young children who need to be watched. It's important not to leave small children alone when you go outside to smoke. What could you do if you need to go outside to smoke?

Scenario 2:

Your child becomes sick. You're extremely busy caring for them. You feel stressed and tired and aren't able to take him outside so you can smoke. What could you do?

Scenario 3:

Guests arrive early to stay for the weekend and they smoke. You may feel uncomfortable telling friends or family not to smoke in the house. What could you do?

Scenario 4:

An adult family member insists on smoking indoors. After repeated discussions, you are not able to convince them otherwise. What could you do?

Scenario 5:

You drive to work and drop off your children at childcare. You cannot smoke during your shift. You're having trouble not smoking in the car, especially at the end of the day. What could you do?

Solution 1:

- A.** Make arrangements with a neighbor to watch your kids.
- B.** Cut down the number of cigarettes you smoke and how often you smoke.
- C.** Use nicotine replacement products such as patches or gum to reduce cravings.
- D.** Distract yourself by cleaning or playing with your children.

Solution 2:

- A.** Remind yourself why you made your home smoke free.
- B.** Use nicotine replacement products such as patches or gum to reduce cravings.
- C.** Find healthier ways to handle stress, such as reading, doing yoga, or taking a walk.
- D.** Talk to a friend to get support.

Solution 3:

- A.** Let visitors know ahead of time that your house is smoke free.
- B.** Hang a "No Smoking" sign on the front door.
- C.** Tell smoking visitors they can smoke outside, away from the house.
- D.** Share your reasons why you want your home and car to be smoke free.

Solution 4:

- A.** Have an open and honest discussion about the issue.
- B.** Try to get the support of other family members or friends to help you.
- C.** Reassure those who smoke that their family is there to help and that they aren't being judged.
- D.** Remind family of the top 5 reasons for having a smoke free home.

Solution 5:

- A.** If you can't quit, leave home early to have a cigarette before going into work.
- B.** After work, smoke outside before getting in the car.
- C.** Use nicotine replacement products such as patches or gum to reduce cravings.
- D.** Have hard candy available to suck on.
- E.** Take 20 deep breaths.