

# Planning for a Tobacco Free Life

## Parent Activity

### Overview

Parents will create a staggered page booklet to identify strategies to raise their child in a smoke free environment.

### Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #6 Family Connections to Peers and Community

### Supplies

- Staggered booklet pages (appendix A2-A6)
- Stapler & staples
- Pens or pencils

### Before You Begin

Make one copy of each of the staggered booklet pages per participant. Cut along the dotted line to trim each page to the correct size.



# Steps

**Pre-Activity Discussion:** Committing to raising your child in a smoke free home is an important step in helping your child have a healthy life. There is more to consider than just not allowing smoking inside of your home. Think about all of the places your child goes and who they interact with. Do any of them smoke (a friend, neighbor, childcare provider, family member)? Is indoor smoking allowed in any of the places your child visits (a babysitter, family member, or friend's house)?

Not allowing smoking in your home and car is an important first step. To fully protect your child, you must make a plan to protect your child from all secondhand smoke they may be exposed to from other people such as your friends, family members, and childcare providers.

## Activity Instructions

1. Give each parent 1 copy of each of the staggered booklet pages.
2. Have parents line up the top of each of the booklet pages with the shortest page on top, the next longest page under that, so that the longest page is in the back.
3. Have parents staple their booklets together by putting 2-3 staples along the top edge of their booklet.
4. Discuss one section (in the car, childcare, relatives, at home) of the book by reviewing the suggested steps for how to make that aspect of their life smoke free. Have parents work with partners to brainstorm and write answers to the section questions. Continue working through all sections of the booklet.

## Post-Activity Discussion:

Keep this booklet handy so you can refer to it often as you work to create a smoke free life for your child.

## Post-Activity Discussion:

Ask: which area (home, car, relatives, childcare) will be the most challenging to keep your child in a smoke free environment? What will make it challenging? What support will you need to be successful?





# Creating a Smoke Free Life

**If you have smoked in your car:**

- Wash the windows by mixing 3 cups water, 1/2 cup baking soda, and 1 cup white vinegar in a spray bottle.
- Wash the floor mats and ashtrays with soap and water.
- Vacuum and use a carpet cleaner on all fabric in the car.

What other steps will you need to take to make sure your car is smoke free? \_\_\_\_\_

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# In the Car

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- Have **non-smoking** family members and friends watch your child.
- If your childcare provider smokes, ask them to watch your child in your home. Remind them that they will need to smoke outside.
- If you must leave your child with someone who smokes, ask them to wash their hands and face, and change their clothes before holding your child.

What do you think will be the hardest part of having smoke free childcare? \_\_\_\_\_

\_\_\_\_\_

What steps will you take to protect your child from smoke while they are being cared for by others? \_\_\_\_\_

\_\_\_\_\_

# Childcare

- Talk with your family about your plan to raise your child in a smoke free home. Explain why you want to do this.
- Help them quit if they are ready. Let them know why you want them to quit and offer to support them.

Quitting is a personal decision and your relatives may not be ready to quit. If this happens, respect their decision and talk about other ways to keep your child healthy.

- If they smoke in their home, have them come visit at your home instead.
- Ask them to wash their hands and face and change clothes before holding your child.
- Ask them not to smoke around your child, or in your home.

Who will you need to talk to? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What will you say? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What will be the hardest part? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Relatives

Smoke can travel all around a house so just smoking in one room, opening a window, turning on a fan, or using an air freshener isn't enough. All smoking must be done outside, away from doors and open windows.

- Post a "No Smoking" sign on the door to let everyone know that you do not allow smoking inside your home.
- If you have visitors who smoke, let them know they can only smoke outside.
- Remove all smoking related items (matches, lighters, ashtrays, cigarettes).
- Multi-unit housing: Smoke can travel under doors, through hallways and leak into homes through cracks, outlets, and the vents. If you have a neighbor who smokes, try talking to them about smoking only outdoors. If you do not feel comfortable talking to them or if they refuse, talk to your landlord about moving to a smoke free building.

**If there has been smoking in your home**

- Wash all bedding and clothing.
- Give your house a deep cleaning.
  - » Use a de-greasing dish soap and water to scrub down all of the walls and surfaces (tables, dressers, shelves, blinds, windows).
  - » Vacuum the carpets.
  - » Mop the floors.
  - » If possible, use a deep steam carpet cleaner on all fabrics (carpet, furniture, pillows, rugs).

What will be the hardest part of making your home smoke free? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What will you do to overcome that? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What other steps can you take to make sure your home is smoke free? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# At Home