

Breathe

'Healthy Steps to Living Tobacco Free'

As a parent or caregiver, you want your children to be as healthy and safe as possible. One way to do that is by limiting their exposure to tobacco smoke and e-cigarette vapor.

Protecting children from the harms of tobacco starts with education. The "Breathe" website has info and resources about:

- Pregnancy
- Second/Thirdhand Smoke
- Quitting
- Vaping & E-cigarettes
- Asthma
- Stress
- Cost
- And More!

LOG ON TO LEARN MORE!

justbreathein.org/for-parents/

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