

# Second - Hand Smoke

*\*Parents—Help Keep Your Kids Tobacco-Free\**

*Despite the impact of movies, music, and TV, parents can be the greatest influence in their kids' lives. Talk directly to children about the risks of tobacco use. If you use tobacco, you can still make a difference. Your best move, of course, is to try to quit.*



*~ Parenting Can Mean Prevention. Only you know how to parent your child. We can only offer some potential ideas. But if you find a way to stay better connected with your child, you can help us with our mission... and protect a future generation against the ravages of tobacco-related disease.*



*~ Getting more involved with your preteen today will help you stay connected tomorrow. Not only that, it will help your child make better decisions, even about things like smoking, which it kills one out of every three people it hooks.*

*Parents can make a difference. We know it's not always easy. We know there's not always time. Below are some tactics to stay involved in a child's life:*



**Schedule time for you and your child:** Plan for it and write an appointment with your child on your calendar.

**Catch your child doing something right:** We sometime focus on the bad things our kids do. Offer a compliment, this can encourage good behavior and keep the communication lines open.

**Create rules, then enforce them:** Rules are the boundaries that every kid needs. Don't set rules you do not intend to enforce, that will only create confusion.

**Regularly share a meal with your preteen:** If you do, take advantage of it; teens who report eating meals with their family are less likely to smoke or use drugs.

**Write your child a thank-you note:** Some preteens say one of the reasons they know their parents care is because they get thank-you notes left behind.

**Give your preteen family responsibilities:** Assign your preteen a chore that helps the whole family. By giving your child responsibilities you are implicitly saying you trust his or her competence and are allowing them to feel more "adult" - the same benefit cigarettes falsely offer teens

Resources:

American Lung Association

Toll-Free—(800)LUNGUSA

~U.S. Dept. of Health & Human Services.

Toll-Free—(877)696-6775

~Center For Disease Control & Prevention

Toll-Free—(800)311-3435

[www.cdc.gov/netinfo.htm](http://www.cdc.gov/netinfo.htm)

~National Center of Chronic Disease, Prevention & Health Promotion

Email: [ccdinfo@cdc.gov](mailto:ccdinfo@cdc.gov)

~Tobacco Information & Prevention Source (TIPS)

[www.cdc.gov/tobacco/question.htm](http://www.cdc.gov/tobacco/question.htm)

