



## For Families

### Make "Smoke-Free Homes for Head Start Families" work in your home...

- ✓ Change is hard! So reward yourself for deciding to do it. If you slip, don't worry, just start again.

#### Do...

1. Set a date to start.
2. Make a list of why you want to make your home and car smoke-free.
3. Get support from your family and friends and tell them your target date! You may even want to do this with a friend so you can support each other.
4. Make a list of what makes you want to smoke and the times you smoke.
5. Make a list of 10 things you can do when you want to smoke and cannot go outside.
6. Note your successes and reward yourself!

#### Don't...

1. Keep your plan a secret. You need your friends and family to support you. They need to know not to offer you cigarettes and not to smoke indoors.
2. Convince a friend to do it with you, if they need to be as motivated as you do!
3. Get angry with yourself if you slip up. Just get back to your goal of better health for your children and yourself.



Photo by J. Brough Schamp, Immokalee HS

- ✓ See the flyer "I Have Taken the Pledge! Now, what?"
- ✓ Use your family service worker, child's teacher or home visitor as a resource.



## Be a community leader...

- ✓ Believe in and support the mission of the project—*“Improving the overall health and well-being of Head Start children by improving their indoor air quality, especially exposure to secondhand smoke and other environmental asthma triggers.”*
- ✓ Help parents understand this issue is an important one. It affects **all children**, not just those children whose parents smoke or children who have asthma.
- ✓ Work with other parents on your Policy Council, Health Services Advisory Committee, and other parent groups to get the message out about the risks of secondhand smoke and the benefits of making your home and car smoke-free.
- ✓ Plan or participate in community events that support getting the message out.
  - A Family Health Fair – include information on the harmful effects of secondhand smoke from EPA’s “Smoke-Free Homes” Program. Have participants who are ready “Take the Pledge.” <http://www.epa.gov/smokefree/pledge/index.html>
  - Celebrate “Asthma Awareness Month” and “World Asthma Day.” <http://www.epa.gov/asthma/awm.html>
  - See what other communities are doing. Create your own Smoke-Free activity! [http://www.epa.gov/smokefree/images/local\\_program\\_brochure.pdf](http://www.epa.gov/smokefree/images/local_program_brochure.pdf)