



Children deserve a smoke-free future

Your children may see smoking as normal and want to be just like you

Parents can effect their child's beliefs and actions on many things including smoking

If your child is smoking:

- Keep calm, don't scold
- Talk about the facts and ask questions
- Tell them how you feel about smoking and that you care
- Disapprove of the smoking not the child
- Keep on talking – regular short talks can help

If you are a smoker:

- Talk about your smoking and why you don't like it
- Tell your children about wanting to quit smoking
- Talk about your hope for their good health
- Think about quitting yourself



For more information on this or any other health-related topics contact York Region Health Services Health Connection

1-800-361-5653 or visit www.york.ca



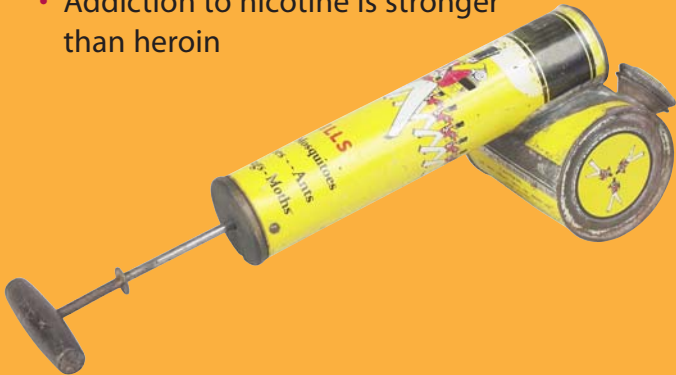
Parents, smokers and non-smokers, can help their children by talking with them about smoking.

Talking together gives you the chance to give loving guidance and information for your child to decide to not smoke.



Some facts about smoking

- Tobacco smoke has at least 4000 harmful chemicals including the drug nicotine
- Half of smokers will die from diseases related to smoking
- The majority of teenagers do not smoke
- Smoking is not proven to control weight
- Addiction to nicotine is stronger than heroin



Children do not think smoking will hurt them and feel that they can quit at any time

As well as health effects like cancer, breathing and heart problems, smoking can also cause:

- More wrinkles
- Slower healing of acne
- Yellow stains on fingers and nails
- Problems with vision
- Bad breath and gum disease
- A bad smell on clothes, hair and belongings

Why do children smoke?

- They see it as normal and more so, when their parents smoke
- To be independent from parents, or fit in with friends
- They think they look older, tougher or cool when they smoke
- To help deal with moods
- To show rebellion towards rules or restrictions



How to talk about smoking – even if you smoke

Talking and listening to your children is a good way to protect them from becoming a smoker. Here is how:

- Know your children - how they feel, what they like, and who their friends are
- Talk about family stories and your experience with smoking
- Ask questions about what they know and how they feel about smoking
- Have some facts to share
- If your children's friends smoke, disapprove of the smoking, not the friend
- Look for opportunities to talk about smoking

Listening is just as important as talking

