

Secondhand Smoke Scenarios for Parents

1. Your spouse or another family member is the one who smokes in the house. How can you encourage him/her to stop smoking around your children?

2. No one smokes in your household but your in-laws smoke. When they come to visit, how can you make it clear that you don't want them to smoke inside your house?

3. You are a smoker. Your child comes home and asks you to quit smoking. How can you address your child's concerns about your health?

4. You have a close friend who smokes and had young children. The friend knows that she/he should quit smoking to protect the children but he/she has not. Why might this be? What can you do to help?

Educational materials available at lungoregon.org

Secondhand Smoke Scenarios/Possible Responses

1. Your spouse or another family member is the one who smokes in the house. How can you encourage him/her to stop smoking around your children?

- Talk to him/her about the effects of SHS on children.
- Have a family member or someone he/she respects who is sympathetic speak for you about the potential harm to your child.
- Borrow a culturally appropriate video and after seeing it together, have a family discussion.
- Ask the child's doctor or other health care provider for a note explaining that the child needs to be in a smokefree environment to support good health.

2. No one smokes in your household but your in-laws smoke. When they come to visit, how can you make it clear that you don't want them to smoke inside your house?

- Put up no-smoking signs near your front and back doors to announce that yours is a smokefree home.
- Ask your spouse to tell his/her parents that smoking is harmful to your children and let them know that they may smoke outside, away from doors and windows.
- Let them know that the child's doctor (or other health care provider) has told you not to let people smoke around your child.

3. You are a smoker. Your child comes home and asks you to quit smoking. How can you address your child's concerns about your health?

- Let your child know that you love them and appreciate their concern and that quitting smoking is very difficult.
- If you are considering quitting, use this as an opportunity to do it.
- Never smoke around your children.
- If you must smoke, go outside away from doors and windows.

4. You have a close friend who smokes and has young children. The friend knows that she/he should quit smoking to protect the children but has not. What can you do to help?

- Have them call the Oregon Quit Line at 1-877-270-7867.
- Have them talk to their doctor or other health care provider about quitting.