



# Atii!

## Reduce Second-Hand Smoke

### NOT READY TO QUIT SMOKING? No Problem!

You Can Still Protect Your Kids from the Dangers of Second-Hand Smoke

#### Why Protect my Child from Second-Hand Smoke?

Second-hand smoke is particularly harmful for children. It can cause:

Children to start smoking at a young age (role models may be smokers)

Red runny nose and eyes

Speech delays

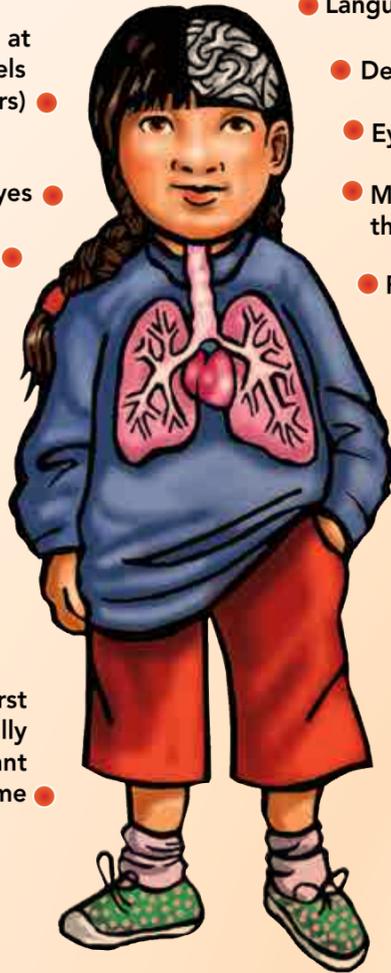
Chest and lung infections

Childhood cancer or leukemia

Death during the first year of life, especially from Sudden Infant Death Syndrome

Crib deaths (also known as Sudden Infant Death Syndrome). The risk of crib deaths is increased when the child is exposed to second-hand smoke

- Lower intelligence
- Language difficulties
- Developmental delays
- Eye problems
- More ear infections than normal (otitis)
- Respiratory diseases such as asthma, bronchitis, respiratory syncytial virus (RSV) and pneumonia



### TIPS

#### ...for Reducing Second-Hand Smoke:

- It's GOOD to take a smoke break in front of an open window with a fan behind me blowing the smoke out the window;
- It's BETTER to take a smoke break on the balcony, if you have one; and
- It's BEST to take a smoke break outside.

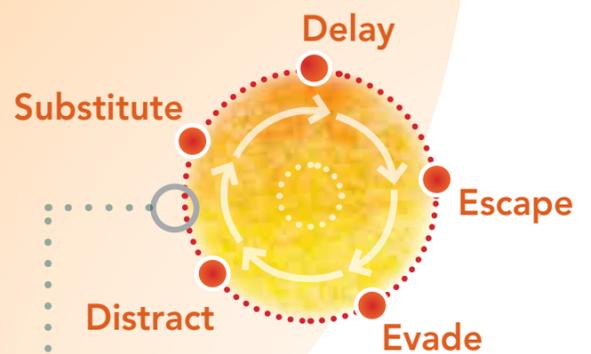


#### Who can benefit from Atii?

Anyone can use Atii!

It will be of particular interest to:

- Women who smoke;
- Women who have partners who smoke; and
- Women who care for children under the age of six.



### What's the Program About?

Atii! does not focus on quitting smoking. Instead, it helps you and your family reduce their exposure to second-hand smoke. You will get support and a personalized plan that will help you:

- **Understand:** your smoking patterns, your smoking triggers, side-effects of second-hand smoke;
- **Gain skills:** to help reduce your stress, cope with smoking cravings;
- **Set goals:** get support in making short and long-term goals around reducing second-hand smoke, along with strategies for success; and
- **Learn tips and ideas:** learn different ideas and techniques for reducing second-hand smoke. Get support in choosing a smoking place, and get tips on cigarette fading and the **DEEDS STRATEGY**

**DEEDS STRATEGY**



#### Want More Information?

Ask your local CHR, CPNP/CAPC, or health care worker for more information.

