



# I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

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## Try This: Set a short term goal

### What is one thing you could do to start reducing secondhand smoke around your kids?

- Aim to smoke a certain number of your cigarettes outside and away from your kids.
- Choose a smoking place. If you can't smoke outside, move smoking to a less comfortable place where you don't usually smoke. Open a window, and use a fan to blow the smoke outside.
- Make sure no one ever smokes in your child's bedroom.
- Ask others to smoke outside of your house, or in your smoking place.
- Delay your cigarette until your child has left the house.

## What are your ideas?

### AWARE

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## Separating fact from fiction

"I'm not ready to quit smoking, so there's no point in thinking about my smoking"

**FALSE:** Even making a small change in your smoking, such as smoking outside, can make a big difference for you and your kids. Remember, you're a STAR!

## Feeling Stressed?

Check out the mom's matter section of our website for tips for moms from moms:

[www.aware.on.ca/moms-matter](http://www.aware.on.ca/moms-matter)

## News about Smoking

As of June, smoking will not be allowed in playgrounds in Thunder Bay. Other places in Ontario, such as Woodstock, Collingwood, Sault Ste. Marie and Toronto have similar bylaws, and some say other communities across Canada are working on smoking bans at public places.

Do you think this is a good idea or not? Would it change how often you take your kids to the playground? Log on to our Facebook group and have your say!

## Connect with us:

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## Have a question, comment or idea?

Email us at [info@aware.on.ca](mailto:info@aware.on.ca)

We'd love to feature your ideas in the next newsletter!

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