



# I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

## Issue 9

### How to cope when your kids act ghoulish!

Let's face it - a late night, a superhero costume, and pillowcases full of candy can be a recipe for seriously hyper kids. Try these ideas:

- **Make a deal.** If your kids don't argue while you go outside to smoke, reward them. They probably don't need anymore candy! So why not make it some one-on-one time with mom? Or it could be something else they like, such as 10 minutes of cats on skateboards on YouTube.
- **Take a break.** Put on your headphones and listen to music. Then, you can still keep an eye on the kids without having to hear them bicker over who got more candy!
- **Get support.** Ask a friend or neighbour with kids to share Halloween activities. Offer to take their kids with you for trick-or-treating. Then they could have your children over the next night to trade candy with their kids.

### AWARE

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### Separating fact from fiction

I don't really need to have a smoking place because I have lots of plants and I always light a candle when I have a cigarette.

**FALSE:** Things like air fresheners, smoke-eaters and air purifiers might make you smell the smoke less. But they don't actually take the smoke away. It is best if you can smoke outside. A smoking place is second-best. Close the door, open the window, and use a fan to help you blow the smoke out the window.

### Stuck in a rut?

We have some great ideas for activities that you and your kids can enjoy together. Don't feel like you have to stick to our ideas only. Why not sit down with your children and make a list of fun things to do?

[www.aware.on.ca/moms-matter/tips-moms-moms#topic\\_5](http://www.aware.on.ca/moms-matter/tips-moms-moms#topic_5)

### News about smoking

Politicians in Iceland have suggested making cigarettes available by prescription only. This would make it harder for children to get cigarettes. And it would encourage people to talk about their smoking with their doctors. What do you think of the idea?

### Participate for a chance to win a STARSS Prize Pack!

What do you think about prescription cigarettes? Tweet us your answer or post it on our Facebook wall. You will automatically be entered to win a STARSS prize pack! The winner will be one of our followers and she will be randomly selected, then contacted online. The contest will close on October 31st. Check back with us in December for a different question and another chance to win!

### Connect with us:

Facebook - <http://www.facebook.com/STARSS.Canada>

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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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