



# STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue +

## Easy goal setting strategies for STARSS:

- **Review your STARSS mom's current smoking patterns.** Does she notice any patterns about when she reaches for a cigarette?
- **Be sure to congratulate the progress she has already made.** Show her how the small steps she has already taken help protect her family. Let her know she is a STAR.
- **What are some of the long term goals she wants to set for herself?** Help her set realistic goals. Be supportive of her efforts. Remember to work with her to make goals that are reachable and not daunting.
- **Celebrate accomplishments!** Create a list of all the short and long term goals she has made. Put a tick mark next to all the goals she has reached. That way, she can see how many she has completed!

## AWARE

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## Update from the national STARSS community

Linda and her staff in the New Brunswick rollout site are hard at work, implementing "baby STARSS steps" into existing programming. Their ideas are simple and creative and can be adapted at any STARSS location. To pique interest in STARSS and make families familiar with the program, they have put together a window display at the mainstreet, groundlevel location. (Check out the STARSS Showcase at [www.aware.on.ca](http://www.aware.on.ca) for pictures.) The "stay tuned for STARSS" display will plant the seed for upcoming STARSS programming. The site is decorated with star shapes arranged into a mobile, and the star constellations have facts and myths about second hand smoke, such as "lighting a candle helps clear smoke and poisons from the air". Linda plans on bringing these baby STARSS steps to their four other outreach sites.

Linda's site will also soon be hosting a family wellness challenge. The challenge will encourage families to make lifestyle changes, such as eating better, being more active, limiting children's screen time, and decreasing environmental health hazards. (This is where STARSS fits in.) There will be lunch-and-learns on the four key topics, and Linda will parachute some STARSS strategies into the discussion. Linda has also put together prizes and gifts for the families who take part in the challenge. One prize is a big, bright yellow STARSS family bag, with goodies the whole family can enjoy. So far, there has been a lot of interest in this event and it will certainly gain the interest of families, and make them curious about the STARSS program.

## What are the ways you make sure STARSS is an exciting part of your programming?

Share your ideas with us in our STARSS online community. Join as a STARSS service provider. Go to: <http://aware.on.ca/user/register> to sign up!

**Coming soon!** AWARE is creating a STARSS Newsletter for moms. It will give moms supportive advice and tips about protecting families from second hand smoke. This bi-monthly newsletter will be a tool moms can use as a reference in between visits with their STARSS service providers. Let your STARSS moms know about the newsletter, and give us your feedback about information we should include! Also, moms who want to receive a weekly email containing a motivational message about reducing secondhand smoke can sign up for our new STARSS listserve.

Go to [www.aware.on.ca](http://www.aware.on.ca) to download a print friendly version of the newsletter.