



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Four

How to be a STAR in the New Year:

- **encourage small steps** instead of pressuring moms to quit smoking.
- **keep moms engaged in change** by offering new solutions or a different small step, instead of giving in to “failure”.
- **keep the big picture in view**, without overwhelming moms with the need for change.
- **be gentle but firm**, instead of thinking to yourself “this is hopeless”.
- **provide lots of positive reinforcement**, and encourage any gains, no matter how small they might seem.
- **affirm moms** by supporting their strengths, motivations, intentions and progress.
- **express empathy** through reflective listening.

AWARE

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Update from the national STARSS community

On-site training for new rollout sites begins this month. We're looking forward to seeing new and old sites soon!

Shannon has already started some train-the-trainer work with CPNP First Nations Inuit Health branch (FNIHB) in NWT. Great job, Shannon!

Lindsay and Shannon have been busy promoting **STARSS** through the First Nations Health Careers Roadshow in the Yukon. They have also done a **STARSS** maternity health presentation. Shannon has also been working with AWARE to adapt the **I'm a STAR! Journal** for families.

In Alberta, Terry continues with the individual **STARSS** program, which works very well in her work as a home visitor. We're hoping Terry will be able to share her expertise with the new rollout sites, as she has a lot of experience in delivering the individual **STARSS** strategies.

Heather received fantastic evaluations from her **STARSS** training at the Manitoba CAPC conference; participants said they learned about smoking strategies and reasons why women smoke. Heather is training Manitoba CPNP projects this month. Great work, Heather!

Here's what people are saying about STARSS

“Before I learned how to deliver **STARSS**, I was reluctant to talk about smoking with moms. It felt like such a huge issue and I really didn't know what to say or do. After my **STARSS** experience, I was reassured that you don't have to try to get women to quit smoking: it's just as important to develop a rapport about secondhand smoke and protecting children.”

What are your STARSS resolutions?

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