



# STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Six

## How to talk like a STAR:

- **Praise the positive things moms do for their children.** Ask if they would like ideas to help protect their kids from secondhand smoke.
- **Encourage moms to smoke outside.** If she can't, ask her if she could choose a room, close the door and blow the smoke out the window. Praise all efforts she makes. Don't say that her efforts aren't making a difference.
- **Acknowledge that it can be hard for moms to make changes in their smoking habits.** Talk to moms about the long term benefits of quitting or cutting down on smoking by taking small steps over time.
- **Do not pressure moms to quit smoking.** Instead say: when you're ready to think about quitting smoking, I can try and help you find supports.

Look in the Guide to STARSS Strategies for more ways to "talk like a STAR!"

## AWARE

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## Update from the national STARSS community

Wendy has returned from her Phase 2 cross-Canada tour! She was excited to see our rising **STARSS** again, and is looking forward to the next steps.

## Exciting ideas from the national STARSS community

In PEI, Jacquie has tried a number of creative ways to incorporate **STARSS** into her groups. She helped moms make multicoloured **STARSS** crayons by melting old and broken crayons into a star shape. Moms and their kids love the results.

Jacquie also knows that moms don't always have enough time for themselves, and so has given moms **STARSS** manicures. She painted their nails, french or regular, and added a star. Moms love the chance to be pampered!

Finally, as another stress reliever, Jacquie also made homemade play-dough with moms, and gave them the chance to use a star-shaped cookie cutter once the dough was ready. This gave the moms a fun and easy activity to take home to their kids, now that they have the recipe, and know the texture and feel. Plus playing with the dough was almost like squishing a stress ball. It gave them something to do with their hands as they kneaded, pulled, and pushed the dough.

All of these great ideas were a big hit, and gave moms a chance to have fun, while chatting about **STARSS**.

If you would like to try some of these ideas, please go to the **STARSS** online community for more detailed instructions!

## Tell us about the creative ways you use STARSS in your program!

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!

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