



STARSS News

Start Thinking About Reducing Secondhand Smoke!

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Welcome Ideas for STARSS

• **Warmly welcome STARSS moms!** Create a **STARSS** Welcome Bag, with **STARSS**-themed gifts, such as star shaped cookie cutters and fridge magnets, as well as information about **STARSS**. This is a great introduction to **STARSS**, and who doesn't love free gifts?

• **Make the Welcome Bag a useful tool for moms who want to cut back on smoking.** Include gifts such as stress balls, mints, gum and things to keep hands busy. These will all help moms delay smoking. Buy the items at the dollar store for an inexpensive and fun goodie bag!

• **Host a STAR studded event.** This is a great way to increase awareness of **STARSS**, while keeping it fun and pressure-free spirit.

• **Check out STARSS online** for more ideas, and to contribute your own!

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Update from the national STARSS community

Shannon and Lindsay in the Yukon have been busy adapting **STARSS** themes to open the discussion during fun activities with participants. They've done everything from **STARSS** no-smoking signs, scrapbooks, painting **STARSS** coffee cans to use as outdoor ashtrays, and making journals. They're also thinking of cooking something up for the local heritage fair, such as a booth on the history of women and smoking.

Lynne from Manitoba will be hosting the first STAR-B-QUE at the drop-in centre. They are planning **STARSS**-themed prizes such as an apron decorated with stars, and crafts with a star theme for the kids. We can't wait to see the pictures!

Wendy is heading out on her next cross-Canada **STARSS** training tour this month. See you in Port Alberni (BC), Regina (SK), Sussex and Fredericton (NB), Alberton (PEI), and Carbonear (NF).

A research update about pregnant moms: They're STARSS!

A recent study shows that 21.8% of pregnant women smoked cigarettes during their first trimester. By the third trimester that number dips to 13.9%, and by three months post-partum, the number had climbed back up to 20.4%. This helps us see just how motivated women are to quit or reduce their smoking for their babies' health. These findings also remind us that the first three months after having a baby are a particularly good time to support moms in their efforts to quit smoking or to support them in their reduction attempts. Even if moms can't quit, you can encourage them to take the small steps that eventually lead to quitting.

Announcing STARSS 2.0

Become a fan of our Facebook page for updates and **STARSS** ideas.

Follow us on Twitter for exciting tweets about **STARSS**.

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

Twitter - http://www.twitter.com/STARSS_Canada

The **STARSS** Mom newsletter is now online! Check it out: <http://aware.on.ca/starss/starss-mom-newsletter>