



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Twelve

Back to school with STARSS

Because school-aged children are headed to school, moms have a new routine. How can moms incorporate STARSS into this new schedule? Could she:

- Delay her first cigarette of the day until the kids leave for school. If she waits, this means she will smoke fewer cigarettes in a day.
- Set certain hours that are smoke free. For example, no smoking between 9PM and 9AM.
- Try extra hard to smoke outside for at least one hour before her kids come home from school.
- Take her kids to the library, or somewhere else she can't smoke, to do homework.
- What are your ideas?

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Update from the national STARSS community

Linda in New Brunswick reported that the Family Wellness Challenge was a success, and she hopes to continue it on an annual basis. **STARSS** fit into the healthy environments piece of the event very nicely. A family information package was created for over 200 families, including **STARSS** information that Linda had adapted specifically for this purpose. At the end of the month, a presentation was provided for the parents using the **STARSS** "Truth or Myth" format, along with handouts. The children were engaged in **STARSS** crafts during the presentation. Great pictures of the events are on our website!

Linda also found the time to do an overview of **STARSS** for one of the local CPNP projects, Healthy Baby and Me, which was enthusiastically received.

In Newfoundland, Nicole's three prenatal and two postnatal groups continue to add new stars to their **STARSS** "Hall of Fame" on a weekly basis. You can see some of the moms who decorated their own stars on the AWARE website and on Facebook. Lisa also did a presentation on **STARSS** for their Annual General Meeting.

We can't wait to see all our rollout site **STARS** at the National Meeting in Ottawa this month! We'll share all the great **STARSS** ideas in the next issue of the newsletter.

Research Update: Pregnant and breast-feeding women who smoke

CAN ADAPTT (Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment) has issued new clinical practice guidelines for pregnant and breast-feeding women who smoke. Here's the link:

www.can-adaptt.net/File/Pregnancy+and+breastfeeding_v2.0_final.pdf

Service providers are encouraged to be mindful that many women in this situation are reluctant to admit they smoke because of social stigma. Also, many women become depressed during pregnancy, so Zyban may be a good treatment for both depression and smoking.

Don't forget, we're on Facebook and Twitter!

Facebook - www.facebook.com/pages/STARSS.Canada

Twitter - www.twitter.com/STARSS_Canada

We'd love to hear from you! Join a discussion, or send us some feedback!

Go to www.aware.on.ca to download a print friendly version of the newsletter.