



I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

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"I'm craving a cigarette – help me keep my hands BUSY!"

Cravings often last 10 to 15 minutes at a time. Here are some ideas that might help you delay your cigarette and get you through the craving.

- The weather is finally warmer! Go to the park with your family and play catch or tag. If you use your hands to play games, you won't be able to hold a cigarette!
- Anyone feel like spring cleaning? Though this isn't the most fun activity, it is one that we all tend to do. Wait until you have a craving and get to cleaning instead. Your busy hands won't have time to reach for a cigarette.
- Dance! Put on some fun music, then you and your kids can dance like crazy! The music and movement will help you cope with the craving and delay that cigarette.

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Take me to the movies!

Recently, the animated movie *Rango* has come under attack because some of the "bad" characters smoke. Since it's the villains that are smoking, how does this make you feel? Do you feel guilty or angry that smoking has such negative associations at times? Sometimes when smokers feel guilty or angry, they are more likely to reach for a cigarette. Have you experienced those feelings?

Some parents say they won't go to the movie because of the smoking. But is it really necessary to boycott the movie? Instead, turn this into an opportunity. If you decide to see the movie, just make sure you talk with your kids afterwards. Say something like "Did you notice so-and-so was smoking? I hope he's cutting back like me. He might have little kids to protect at home too!" Your kids DO absorb what they see in films. So it's a good time to explain again that you're trying to cut down or quit smoking because, in fact, you are a good character who is trying to protect them! You're a **STAR** and your kids know it.

As a mom involved in **STARSS**, you love and protect your kids in many different ways. Congratulations! Each small step you take to protect your children from secondhand smoke makes a BIG difference. Any and all effort that you put into either smoking less, or smoking away from your children, is an accomplishment. Be proud of the changes you've made for your kids' (and your own) benefit.

Connect with us

What are some things you do to help cope with cravings? Share your ideas on either our Facebook or Twitter page. Who knows, your idea just might help another **STARSS** mom get through her next craving!

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

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

Have a question, comment, or idea? Email us at info@aware.on.ca
We'd love to feature your ideas in the next newsletter!

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