
HOME VISIT 37	Smoking and My Child's Health
TIME	90 Minutes
CONSTRUCT	Empathy, Self-Awareness
MATERIALS	Parent Handbook, Nurturing Book for Babies and Children, notepad

GOAL To increase parents' awareness of the health risks of smoking to themselves and their children.

PROCEDURES

1. Begin the home visit by stating that today's discussion on ways to nurture yourself will focus on the dangers of smoking to you and your children.
2. Check in with the teen and review the Home Practice Assignment from last home visit.
3. Begin by asking a few questions:
 - a. Does the teen smoke cigarettes?
 - b. If yes, ask them to recall the first time they lit up. How old were they?
 - c. Ask whether the teens' parents smoke.

4. Ask each teen to respond to the following:

My earliest memory of my parents smoking is _____.

5. On your notepad, draw a line down the center making two columns. Label one column **POSITIVES** and name the other column **NEGATIVES**. From their point of view, brainstorm the following:
 - a. The positive reasons why teens smoke and
 - b. The negative effects teens get from smoking.

6. Brainstorm the following:

What are some of the dangers of secondhand smoke to my child?

7. Review the information on *Smoking and My Child's Health* in **Chapter 28** of the **Parent Handbook**.

Smoking and Health Risks

- Although fewer teens smoke today than they did 20 years ago, smoking remains a significant health risk among teenagers.
- Each day nearly 5,000 adolescents ages 11 to 17 smoke their first cigarette.
- Twenty-eight percent (28%) of high school students describe themselves as current smokers.
- Thirty-three percent (33%) of adolescent smokers will eventually die of smoking-related illnesses.
- White teens smoke more than Black teens with Hispanic teens somewhere in the middle.
- Teens who perform poorly in school are more likely to be smokers.
- Depression also seems to be a risk factor for smoking.
- Health risks of smoking include: increased risk of heart disease, stroke, cancer, emphysema, smoking can worsen lung function - leaving smokers vulnerable to coughing, wheezing and shortness of breath
- Women who smoke generally have earlier menopause.
- Pregnant women who smoke run an increased risk of having stillborn or premature infants or infants with low birth weight.
- Children of women who smoke while pregnant have an increased risk of developing conduct disorders.

Facts on Secondhand Smoke

- Secondhand smoke is a major cause in children's illnesses.
- It has 40 toxic substances, which cause cancer.
- It is linked to lower respiratory tract infections (croup and pneumonia).
- It is linked to increased fluid in the middle ear (ear infections).
- It is linked to reduced lung function.
- It is linked to additional episodes of asthma.
- It is associated with cancers and leukemia in childhood.
- When a pregnant mother smokes she deprives the fetus of needed oxygen and other nutrients. This may result in:
 - Intellectual and behavioral defects.
 - Low birth weight

8. Discuss the term **ROLE MODEL**. Brainstorm the meaning of the terms **POSITIVE ROLE MODEL** and **NEGATIVE ROLE MODEL**.

To be a role model as a parent means to set an example for your children to follow. Positive and negative has to do with the behaviors that are being modeled. A parent smoking is a negative role model because of the health consequences associated with it.

9. Review the facts on the effects of secondhand smoke on the health of unborn children.
- Miscarriage
 - Stillbirth
 - Reduced lung function
 - Complications in Pregnancy
 - Premature birth.
10. Address the importance of smoking as a health issue and focus on ways teens can learn to quit. Brainstorm the following:

In order for me to stop smoking, I need _____.

One way I can get this need met is to _____.

11. Review the Home Practice Assignment for the next home visit.
12. Spend some time with the parents and children using age-appropriate activities from the **Nurturing Book for Babies and Children**.
13. At an appropriate time, end the home visit.

NOTES AND SUGGESTIONS

In spite of all health warnings, smoking among female teenagers has been increasing. The focus on the negative effects of secondhand smoke on the child's health, and the negative role model smoking parents present to their children may be the facts teens need to quit.