

# Ideas to Help Parents Prevent Smoking by Their Children

1. **Schedule time** for you and your child. Being involved in a child's life helps him/her feel worthwhile.
2. **Offer compliments** to your children when they do something right instead of just focusing on the negative. This can encourage confidence and self-esteem.
3. **Listen to your children and ask questions.** Having good communication with children helps them trust you. This trust will make it easier for them to come to you if they have problems down the road.
4. **Create rules** and enforce them with consistency.
5. **Give your children responsibilities** so they will feel you trust them.
6. **Don't Smoke.** Set an example for your children by not smoking or by quitting.
7. **Teach about friends.** Help your children learn what qualities to look for in a friend.
8. **Be aware of your teen's friends.** Get to know your teen's friends in order to learn what kind of example they are setting. Also, get to know the parents of your teen's friends.
9. **Supervise your children** so they will have less of a chance to be involved in risky situations.
10. **Observe.** Learn the signs of tobacco dependence so you will be able to sense any changes in your children.
11. **Talk** about the dangers of tobacco and educate your children about the deceptive practices of advertising. Discuss how disappointed you would be if they started smoking.
12. **Keep your child active** in positive activities.

(SAMSHA, 2003b; CDC, 2003d; CDC, 2003e)