

September 2011



## ***Creating a Smoke-Free Environment for Your Children***

***By Louise Choquette***

***best start  
meilleur départ*** )

by/par health **nexus** santé

# About us...

## The Best Start Resource Centre:

- Offers information, consultations, resources and training for service providers in the areas of maternal and newborn health as well as early childhood development.
- We are a program of Health Nexus ([www.healthnexus.ca](http://www.healthnexus.ca)) and are based in Ontario.
- We are partly financed by the Ministry of Children and Youth Services.
- This project on the impact of tobacco smoke was financed by Health Canada.



# Some Services of the Best Start Resource Centre

- **MNCHP Listserv & Bulletin**
- **Resources**
  - Child Development
  - Environmental Health
  - Nutrition
  - Postpartum Mood Disorders
  - Reproductive Health, etc
- **Consultations (on-site, off-site)**
- **Training**
  - Regional Workshops
  - Annual Conference

**For info: [www.beststart.org](http://www.beststart.org)**



# Overview of the workshop

## Goal:

**That you feel comfortable showing this video to a group and facilitating a discussion on it.**

- **Overview of the development process**
- **Familiarisation with the content**
- **Facilitation techniques**
- **Complementary resources**



# How the Program Came About...



## French Version

- High need identified for French resources to support tobacco use prevention in Ontario
- « Social impact » perspective
- Advisory committee
- Recruitment of families
- Filming, editing, dissemination
- Additional work done

# What we Learned from the French Version

- ✓ Want to see young people who are living that situation right now
- ✓ Want to see difficult situations (i.e., apartments with no balconies)
- ✓ Want to hear a medical professional
- ✓ Want to hear a child's perspective
- ✓ Want a harm-reduction approach
- ✓ Want literacy level reduced further

**Bonus: We found more strategies!!!**



# Impressions of the video



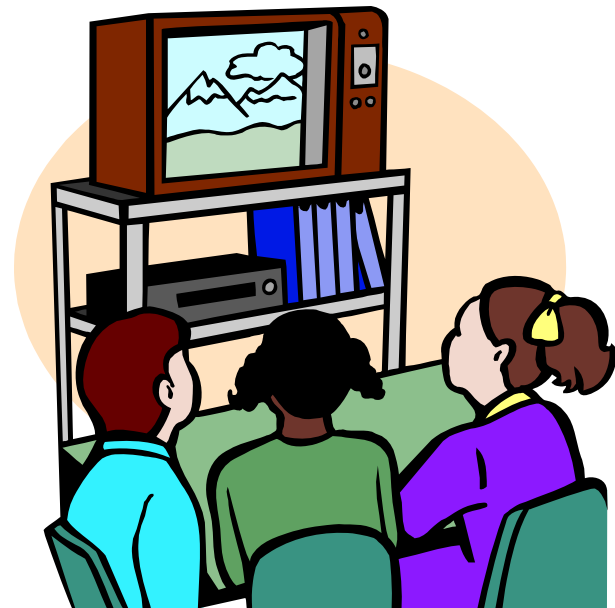
Ideas

Reactions



# Audiences

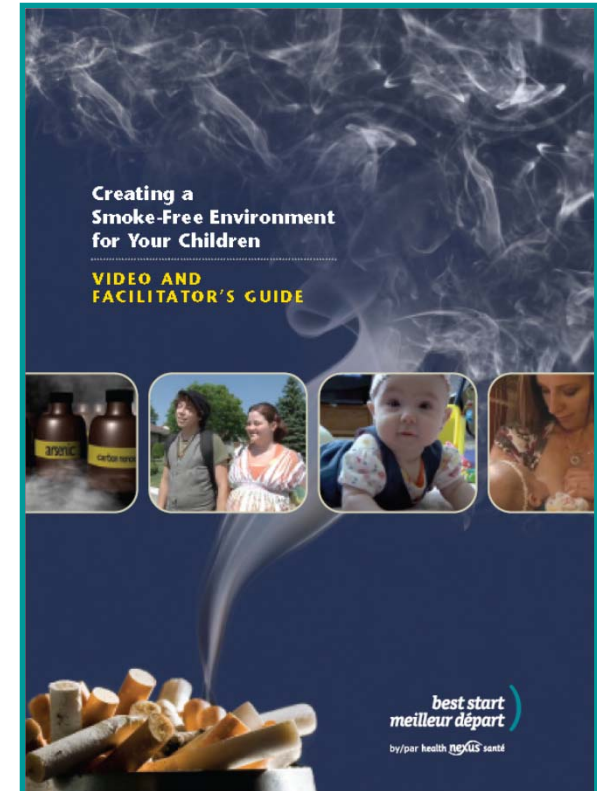
- **Futures and new parents**
- **People who share their environment with young children**
  - **Relatives**
  - **Friends**
  - **Caregivers**



# Facilitator Guide

- **Group Facilitation Techniques**
- **Ways to tackle the problem (strategies) (\*)**
- **Learning more about second-hand and third-hand smoke (\*)**
- **To learn more (\*)**
- **Evaluation (\*)**

(\*) Also available separately on the website



# Complementary Documents

Can be downloaded at:

[www.beststart.org/resources/tobacco](http://www.beststart.org/resources/tobacco)

A smoke-free environment for your children. Tell us what you think.

**EVALUATION**

Please take a few minutes to complete this form. It will help us to improve the session and increase its impact. Put an X in the box that describes what you think. Add comments if you wish.

1. Do you think the suggestions provided in the video are realistic?

Yes  Maybe  Somewhat  No



**A smoke-free environment for your children**

Learning more about second-hand and third-hand smoke



## Smoking and Pregnancy

Most people know that smoking is harmful to pregnant women and their babies. Stopping smoking and avoiding second-hand smoke can help both you and your baby be as healthy as possible. It is best to stop smoking before you get pregnant, but stopping or cutting back at any time will make a difference. Think about how you can stop smoking and how you can ask your friends and family to step outside to smoke.



**It might not be easy.  
It is OK to ask for help. You can do it!**

[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)  
[www.pregnets.org](http://www.pregnets.org)

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Document with the help of the Institut canadien de santé publique (ICSP) et de la Santé Canada.

## Smoking and Your Family

Stop smoking and avoid second-hand smoke to help you and your children be as healthy as possible.

Think about how you can stop smoking.

Ask your friends and family to step outside to smoke.

**It may not be easy,  
but you can do it!**

[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)  
[www.smokershelpline.ca](http://www.smokershelpline.ca)  
[www.pregnets.org](http://www.pregnets.org)

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# Group Facilitation Techniques

## Suggested Format

1. Create a positive context
2. Show the video
3. Have a discussion
4. Have an activity (?)
5. Re-cap strategies
6. Re-cap benefits
7. Mention complementary resources
8. Provide evaluation
9. Thank participants



# Group Facilitation Techniques

## The context

- **Create a positive environment**
- **To whom are you presenting?**
  - **Future or new parents**
  - **Friends, relatives**
  - **People who smoke**
- **Encourage participants to introduce themselves**
- **Goal of the video: provide smoke-free environments for children and pregnant women**



# Group Facilitation Techniques

## Tobacco, a taboo topic?

- **Mention the importance of speaking openly about this topic.**
- **Encourage participants to find a common ground with the people concerned. What would be reasonable for all?**
- **Put the emphasis on the health of the children.**
- **Avoid using the word «a smoker» but rather use «a person who smokes».**



# Group Facilitation Techniques

## Suggested Activities

- Ask participants to share strategies which have worked for them.
- Show a picture of a person who smokes besides a child. What are the impressions/reactions?
- Simulate an interaction: how could you ask someone not to smoke near a child?
- Other suggestions?



# Suggested strategies to reduce second-hand smoke exposure



1. **Smoke outside**
2. **Ask visitors to smoke outside**
3. **Politely ask people not to smoke around children and pregnant women**
4. **If necessary, leave**
5. **If you need to smoke outside, ask someone to cover childcare**
6. **Schedule visits when it is easier to smoke outdoors**
7. **Mothers who smoke should breastfeed before they smoke**
8. **Clearly identify your home as smoke-free**

## Suggested strategies to reduce second-hand smoke exposure

9. Meet in outdoor or non-smoking locations
10. Provide comfortable settings to smoke outdoors
11. Help people understand the impact of smoke on children's health
12. Smoke far away from the home
13. Recognize the efforts made by people who smoke
14. Be a role model and do not smoke
15. If necessary, build slowly towards a smoke-free home
16. Discuss smoking openly



# Complementary Resources

## Impact of second-hand smoke

Familiarize yourself with this topic:

- **Program Training and Consultation Centre**  
*Second-hand Smoke in Home Environments Info Pack*  
[www.ptcc-cfc.on.ca/upload/RDS\\_0005.pdf](http://www.ptcc-cfc.on.ca/upload/RDS_0005.pdf)
- **Health Canada**  
[www.hc-sc.gc.ca/ewh-semt/air/in/poll/second/index-eng.php](http://www.hc-sc.gc.ca/ewh-semt/air/in/poll/second/index-eng.php)
- **Canadian Lung Association**  
[www.lung.ca](http://www.lung.ca)



# Complementary Resources

## Cessation Programs

- **Canadian Lung Association**  
*How to Quit Smoking*  
[www.lung.ca](http://www.lung.ca)
- **Health Canada**  
*On the Road to Quitting - Guide to becoming a non-smoker*  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- **Canadian Cancer Society**  
*Smokers' Help Line*  
[www.smokershelpline.ca](http://www.smokershelpline.ca)



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# Complementary Resources

## Local Programs

- Know who offers cessation programs in your area
- Also see:
  - Heart & Stroke Foundation
  - Doctors / Pharmacists
  - Alternative medicine (acupuncture)
  - Yellow pages



# Session Evaluation

- It would be useful to evaluate your session (right after)
- It would be useful to evaluate behaviour change following the session (3 to 6 months later)

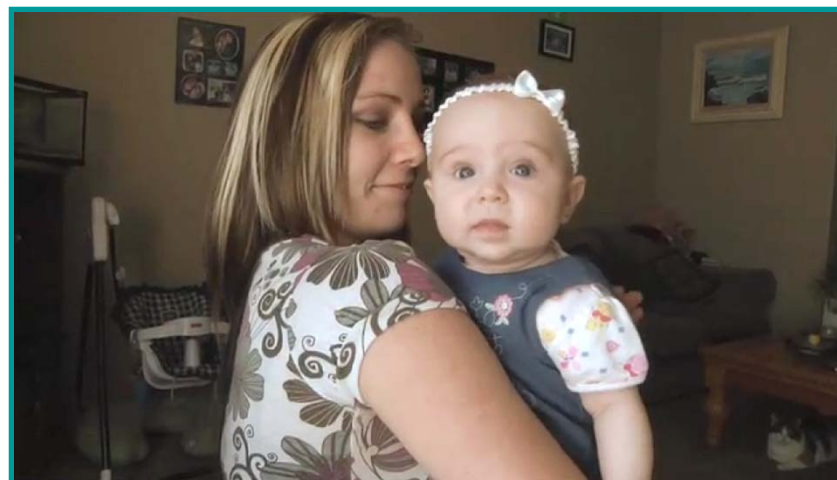
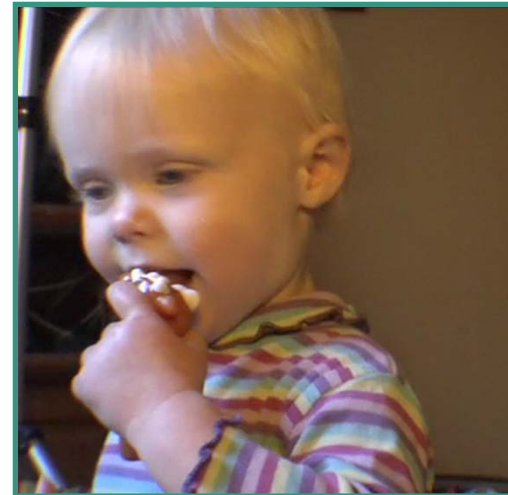


## Next Steps...

Aboriginal Version of Video and Training Manual –  
in progress...



# Questions and comments...



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Thank you!



Program Training and  
Consultation Centre  
*A resource centre of the  
Smoke Free Ontario Strategy*

Centre de formation  
et de consultation  
*Un centre de ressources de la  
Stratégie ontarienne sans fumée*



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