



For Health Managers

- ✓ Believe in and support the mission of the project—*“Improving the overall health and well-being of Head Start children by improving their indoor air quality, especially exposure to secondhand smoke and other environmental asthma triggers.”*
- ✓ Revise health forms (e.g., health history, health tracking and progress notes) to gather information about children’s exposure to secondhand smoke.
- ✓ Ensure messages regarding the risks of secondhand smoke exposure and ways to promote “Smoke-Free Homes for Head Start Families” are conveyed consistently across program options. Messages should be inclusive of all children and families, not just those children whose parents smoke or children who have asthma.
- ✓ Provide staff with secondhand smoke and asthma information, training and resources around asthma management plans, risk reduction options and community resources.
- ✓ Collaborate closely with family service workers to support parents in their efforts to improve the health of their children.
- ✓ Make sure a monitoring system is in place for staff to document their work with families in this area. This may mean using existing tracking systems or creating new ones.
- ✓ Encourage staff to look at their own wellness and the wellness of their families with regard to this issue. Be a role model for families.



Photo by T. Summers Child-Adult Resources Services HS



- ✓ Encourage parents on the Policy Council, Health Services Advisory Committee, and other committees to make this issue a priority. Help them understand this is a health issue that affects **all children** not just children whose parents smoke.
- ✓ Support family service workers, parent committees and parent leaders to plan meetings that address the topic of promoting “Smoke-Free Homes for Head Start Families.”
- ✓ Help parents “Take the Pledge” in whatever form works best for your program.
- ✓ Seek out community partners.
 - American Lung Association - <http://www.lungusa.org>
 - Cancer Association - <http://www.cancer.org>
 - National SIDS/Infant Death Resource Center - <http://www.sidscenter.org>
 - Regional EPA offices - <http://www.epa.gov/epahome/locate2.htm>
 - Local clinics and doctors
 - Community leaders and advocates for children’s health
- ✓ Plan or participate in community events that support getting the message out.
 - A Family Health Fair – include information on the harmful effects of secondhand smoke from EPA’s “Smoke-Free Homes” Program. Have participants who are ready “Take the Pledge.” <http://www.epa.gov/smokefree/pledge/index.html>
 - Celebrate “Asthma Awareness Month” and “World Asthma Day.” <http://www.epa.gov/asthma/awm.html>
 - See what other communities are doing. Create your own Smoke-Free activity! http://www.epa.gov/smokefree/images/local_program_brochure.pdf