



## For Teachers

- ✓ 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.”*
- ✓ Look at your own wellness and the wellness of your family with regard to this issue. Be a role model for families.
- ✓ Encourage parents, individually and in groups, to make this issue a priority. Help them understand this is a health issue that affects **all children** not just those children whose parents smoke or children who have asthma.
- ✓ Collaborate closely with family service workers to support parents in their efforts to improve their health and the health of their children.
- ✓ Participate and encourage parents to participate in community events that promote healthy choices and positive health messages.
- ✓ 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.”
- ✓ Support parents efforts to improve the health of their child(ren) including: encouraging their taking the pledge; acknowledging the challenges; problem solving and celebrating their successes.
- ✓ Plan or participate in an “Asthma Awareness Month” event with your program or community.



Photo by D. Mentzer



- ✓ Create educational games that teach children about air quality and health.
- ✓ Explore incorporating healthy air messages in health aspects of the program's curriculum.
- ✓ Expand the program's collection of children's books that contain health messages. Share book lists with local libraries so Head Start families and others can access them.
- ✓ Invite classroom visitors to talk to children about staying healthy, living with asthma, and preventing asthma attacks.
- ✓ Support and model healthy behaviors in dramatic play throughout the classroom, both to reinforce positive messages and to reduce undesired behaviors, such as "lighting up."