

**Nurse’s Nook**

**Pearl Lower Elementary – April**

**Aly Weems, School Nurse**

 ![C:\Users\atweems\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H8BKIR1T\folder_parent_information[1][1].jpg]() Parent Information ![C:\Users\atweems\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7SBNCM59\parents[1].jpg]()

Be a Tobacco-Free Role Model

* Don’t start smoking or use tobacco and nicotine products.
* Take an active interest in your child’s social life. Know your child’s friends.
* Teach your children to be aware of how tobacco products are promoted in the media.
* Think beyond cigarettes. Smokeless tobacco, hookahs, e-cigarettes, and other flavored tobacco products are addictive, too.

Protect Children from Secondhand Smoke

* Don’t allow smoking in the home or car.
* Don’t allow caregivers to smoke around your children or in your home.
* Insist on smoke-free restaurants and other public places.

Resources for Quitting Tobacco Use

* [www.askandact.org](http://www.askandact.org)
* [www.familydoctor.org](http://www.familydoctor.org)

(click on “Diseases and Conditions” then “T” for Tobacco Addiction)

* [www.smokefree.gov](http://www.smokefree.gov)
* [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
* 1-800-QUITNOW or 1-800-784-8699