



For Program Directors

- ✓ 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.”*
- ✓ Be familiar with the messages and facts presented.
- ✓ Identify key staff to facilitate the program’s efforts.
- ✓ Support “Smoke-Free Homes for Head Start Families” through supporting changes needed to forms or procedures that will allow staff to gather information about exposure rates.
- ✓ Support implementation of monitoring systems to document family and staff efforts to reduce exposure rates.
- ✓ Encourage staff to look at their own wellness and the wellness of their families with regard to this issue.
- ✓ 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.

Photo by H. Wilson. Community Services for Children 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.

- ✓ 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