



Secondhand Smoke... What You Don't Know Can Hurt Your Child

A fun and educational workbook for parents and children ...



Suffolk East Division
New York District
Kiwani International

*A Partnership with Suffolk County Department Of Health Services'
Office of Health Education*

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An urgent letter to parents

Dear Parents,

If someone told you that you have the power to keep your child from getting sick by simply changing one thing that you do around the house, wouldn't you want to make sure you knew how to do that? Of course you would!

As a health care provider, I see far too many children who become very sick because they were exposed to something their parents and family members put in the air they breathe.

I am talking about secondhand smoke.

If you smoke in your home, your smoke can be making your child and others in your home very sick.

This work book was created especially for you and your child by your local Kiwanis Clubs. It will help you understand the serious risks about smoking in your home and car. Please read it with your child, help him complete the puzzles and games, and show your health care provider.

You will learn how to keep your child healthy and they will have their special reward to remind you that we are all working hard to take good care of their health!

*Yours in Good Health,,
Your Health Care Provider*



To Mom & Dad...

Taking good care of your child's health begins both before your child is born and from the moment of birth!

That means keeping your child away from things that can make your child sick, like....

Secondhand smoke in the home or car!!



Secondhand Smoke...

- ◆ contains over 4,000 chemicals, over 60 of which are known to cause cancer...
- ◆ is responsible for between 700,000 and 1,600,000 **middle ear infections** in children each year....
- ◆ causes over **15,000 hospitalizations** and **212 childhood deaths each year!**...
- ◆ **affects a child's intellect and ability to do well** in areas such as math, reading, and reasoning skills...
- ◆ increases the **risk for Sudden Infant Death Syndrome (SIDS)**...
- ◆ is responsible for up to **1 million asthma attacks in children each year**...



Grandma & Grandpa



Be wise... Know about the health risks of Secondhand Smoke and prevent exposure



This is a special page just for
Grandparents!

You want to keep kids healthy too, but you may not know that **smoking around kids is very dangerous and can make them very sick!**

Did You Know...

- ◆ Children exposed to secondhand smoke on a daily basis have more than **TRIPLE THE RISK OF LUNG CANCER** as an adult!
- ◆ Secondhand smoke causes asthma, bronchitis, pneumonia, and ear infections in children!
- ◆ Secondhand smoke has been classified by the Environmental Protection Agency (EPA) as a **"Class A" carcinogen**, in the same category as asbestos, radon, and benzene. These substances are known to cause cancer!!

- ◆ 43% of American children are **exposed to Secondhand Smoke by members of their household!!**
- ◆ Secondhand Smoke causes **3,000 lung cancer deaths**, and 60,000 fatal heart attacks in **NON-SMOKING ADULTS** each year!!!



Secondhand smoke causes cancer in household pets who are exposed!

Grandparents' Pledge

I want to keep my family members safe and healthy! I promise not to smoke in any home or car when children, pets, or others are present.

Grandparents' signatures

Let's See How Much You Know!!!

Are you ready to find out how much you know about Secondhand Smoke?

OK! Read the following statements and answer True Or False next to it.

1. If your Dad smokes in the house but say's it's OK because he opens up the windows, is that true or false? _____
2. Mom and dad smoke outside or only when they're alone. They say it will not affect the kids at home. Is that true or false? _____
3. It's OK to smoke in the car with others if you have the windows rolled down. _____
4. Pets can get very sick from Secondhand Smoke. _____

Fill In The Blank



Smoke is OK on pictures of

not in people's homes or cars!!



On the cloud of smoke, write what you would say to someone who was smoking around you or at home.



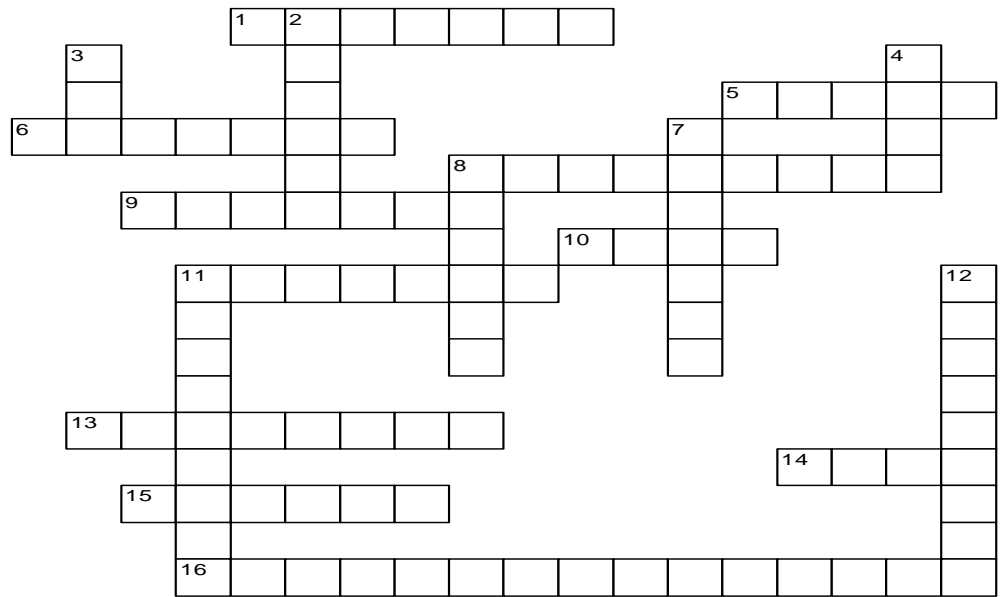
Pets and Kids should never, ever be allowed to be exposed to Secondhand Smoke!

Answers To Questions

1. **False!** Open windows do not get rid of all the poisonous particles in the air, on furniture, and carpets.
2. **False!** Smoke particles cling to their clothing and can trigger an allergic or asthma attack in kids.
3. **False!** Opening up windows does not prevent others from breathing in the poisons in smoke.
4. **True!** Pets who are exposed to Secondhand smoke can get very sick.

Secondhand Smoke Is No Joke!

See if you can fill in the words that tell about Secondhand Smoke



www.CrosswordWeaver.com

Across

- 1 What kids can get when they breathe in secondhand smoke
- 5 When should you be allowed to smoke in the house?
- 6 What you do with your lungs
- 8 The stuff that stays in the air when people smoke
- 9 What people smoke and what makes secondhand smoke
- 10 Who gets sick from Secondhand Smoke?
- 11 Who you should see to help keep your teeth and gums healthy
- 13 (2 words) What we all need to breathe
- 14 Where you should never smoke if there are kids, or pets, or other people around
- 15 Who you should see to help keep your body healthy
- 16 (2 words) This stuff comes off the tip of a burning cigarette or exhaled by a smoker. It is very dangerous



Down

- 2 An illness that can be caused by Secondhand Smoke
- 3 Where you should never smoke if there are kids or pets or other people inside
- 4 Who else besides kids gets sick from Secondhand Smoke?
- 7 It is not OK to smoke even if you open all of these in the house
- 8 The stuff that is in secondhand smoke
- 11 One special word for Secondhand smoke
- 12 A white thing that looks like a stick that people put in their mouth and smoke... YECCH!!

- 13 **ANSWERS TO CHOOSE FROM:** Asthma, breathe, car, cigarette, clean air, dangerous, dentist, doctor, earache, home, kids, never, particles, pets, poison, secondhand smoke, tobacco, windows

Find The Words And The Hidden Message In This Word Puzzle!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

G R E A T J O B ! Y O U E E R
D O C S T O R H A S A S K A P
E C I A T L S U R P R I O R K
S E ! T F E L F Q T N B M I C
D Q H W R N P K L T J R S N I
S D I K N V E A Z T K O D F S
N P B P V W S V T J R N N E F
W L A V N T Z N E O Y C A C M
I M K R H C O G T R R H H T T
N H T M T S A C B G Q I D I Y
D D A V I I O R P V J T N O L
O M K O Z D C N K Z K I O N T
W R P N K D K L J G J S C S D
S K D Q H O M E E C T B E C N
J M L M D E N T I S T Y S N K

www.WordSearchMaker.com

asthma	never
bronchitis	particles
car	pets
dentist	Poison
doctor	Secondhandsmoke
ear infections	sick
home	windows
kids	

Things To Remember To Keep Your Child Healthy

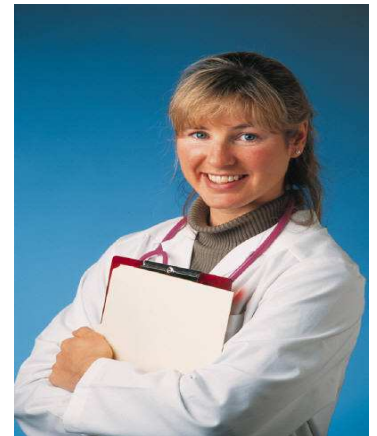
- ◆ NO SMOKING in your home or car by ANYONE!
- ◆ If you used to permit smoking in the home make sure you clean all carpets, furniture, curtains, and upholstery to get rid of any leftover smoke particles.
- ◆ Bring your child to the doctor and dentist for regular checkups.
- ◆ Have your pet checked by your veterinarian. Remember pets get sick from secondhand smoke too!
- ◆ If you smoke and want to quit call 631-853-4017

DOCTOR _____

DOCTOR _____

DENTIST _____

SCHOOL NURSE _____

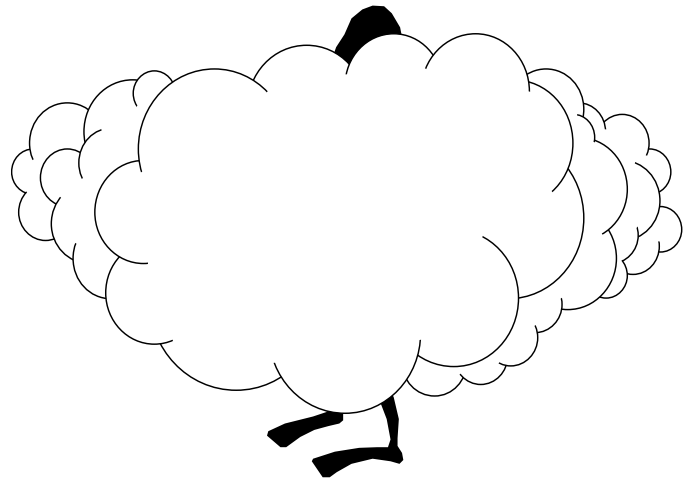


MEDICINES YOUR CHILD TAKES

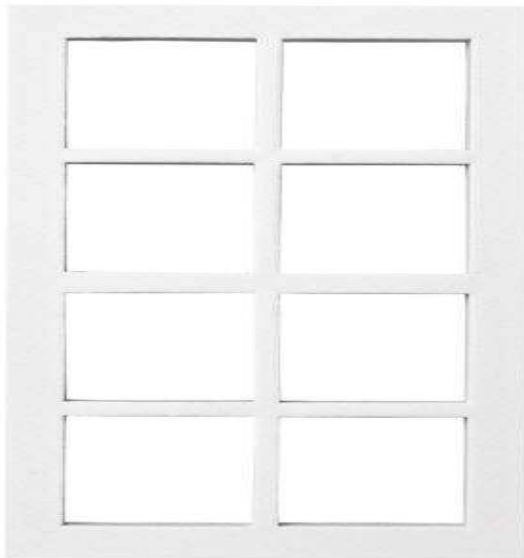
Be Creative...draw, color, & write!



If you want to stay healthy, you need to see your _____.



Draw the face of the person stuck in the smoke cloud.
(Hint, they are not happy about it!)



Open windows do not make it OK to smoke in the house.
Draw what you see if you looked through your home window.



Where people should never smoke... especially when kids are in the _____.

Congratulations! When you have completed this booklet, you will be very much aware of the dangers of secondhand smoke. Please share this information with your friends and family.

As a special reward, your healthcare provider & Kiwanis have a surprise for you! We hope the information in the booklet helps you and your family stay safe and healthy!

Certificate of Achievement



Serving the
Children
of the World



This certificate is awarded to

For your dedication and effort to learn about Secondhand Smoke



Glenn W. Hollins

Glenn W. Hollins, New York State Governor Kiwanis International 2004-2005

Your Healthcare Provider Date



About Kiwanis

Kiwanis Defining Statement

“Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.”

Kiwanis originated in Detroit, Michigan on January 21, 1915 which makes it serving communities all over the world in it's 91st year. The Kiwanis family has grown to 8,400 clubs with over 600,000 members in 96 nations.

The Suffolk East Division is comprised of 11 Kiwanis Clubs on Eastern Long Island with over 350 members and 14 Sponsored Youth Clubs.

Participating Suffolk East Division Clubs-Frank Virno, Jr., Lt Governor

Douglas MacVittie, Lt Governor Elect

Centereach/Selden Kiwanis * East Hampton Kiwanis * Greater Riverhead Kiwanis *

Greater Westhampton Kiwanis * Islips/Bayshore Kiwanis * The Mastics Kiwanis

Patchogue Kiwanis * Sayville Kiwanis * Southampton Kiwanis

Southold Town Kiwanis * Three Village/Brookhaven Kiwanis



**Walter Ladick, Jr. Kiwanis Suffolk East Division Second Hand Smoke Education Initiative
Chairman; Frank P Virno, Jr, Suffolk East Division Lt Governor; and Glenn Hollins,
Past New York State Governor of Kiwanis**

**Patchogue Kiwanis Foundation Health Promotion & Education
PO Box 605, Patchogue, NY 11772**



**TOBACCO ACTION COALITION
OF LONG ISLAND**



Glenn W. Hollins

New York State Governor 2004-2005

Kiwanis International

“Serving The Children Of The World”

Child Safety- Secondhand Smoke Education Initiative

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***Distributed by the Kiwanis Clubs of
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Islips/Bay Shore, The Mastics, Patchogue, Sayville,
Selden/Centereach, Southampton, Southold Town,
and Three Village/Brookhaven***



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