

## It's never too early...

The best thing you can do is talk to your child about not using tobacco.

- Plan to talk about tobacco many times throughout your child's developing years.
- Whenever you have time together, you can talk about tobacco. It doesn't have to be formal.
- Some of the best times to talk might be: when you are in the car, during meals, before bedtime, or during a walk.

Talk to your child about how using tobacco could affect things that are important to them. Use the list below to make your conversation personal.

- **Looking attractive:** People who use tobacco have yellow teeth, more wrinkles, and bad breath.
- **Grades in school:** Young people who use tobacco have lower grades in school.
- **Playing sports:** People who use tobacco have trouble breathing and slower reflexes.
- **being healthy:** Young people who use tobacco have more health problems.
- **Making own decisions:** tobacco companies go after young people to get them addicted for life.

## Listen to what your child has to say about using tobacco.

- Ask about the pressures they may be facing or how tobacco use is portrayed in the movies and on television.
- Talk about what they could do if they were offered tobacco.
- Let your child know they can tell you what is really happening and that you can help.
- If you find out your child is using tobacco, don't panic. Help is available at [albertaquits.ca](http://albertaquits.ca)

## I smoke, so how can I talk to my child about tobacco?

Research has shown that when parents who smoke talk to their children about it, their children are much less likely to smoke.

- Children often do not understand that using tobacco is a powerful addiction and that it is very hard to quit.
- Chances are you have tried to quit before. Tell your child how you got hooked on tobacco and how hard it is to quit.
- Tell them how much it costs and how it affects your health and how you look.

**Keep talking!** The pressures on a child to try tobacco continue from youth to adulthood. Your first conversation shouldn't be your last. Need help? Visit: [albertaquits.ca](http://albertaquits.ca)

For more information about available programs and services in your area, please contact:

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



Health Link  
Health Advice 24/7