



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 “Care for Their Air” 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 “Care for Their Air” 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.
- ✓ 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.



Photo by H. Wilson Community Services for Children HS



✓ 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/iaq/wherelive.html>
- Local clinics and doctors
- Community leaders and advocates for children's health

✓ Plan or participate in community events that support getting the message out.

- Celebrate "Asthma Awareness Month" and "World Asthma Day." <http://www.epa.gov/asthma/awareness.html>
- See what other communities are doing. Create your own Smoke-Free activity! http://www.epa.gov/smokefree/pdfs/local_program_brochure.pdf