



For Health Managers

- ✓ 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.”*
- ✓ Revise health forms (e.g., health history, health tracking and progress notes) to gather information about children’s exposure to secondhand smoke.
- ✓ 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.
- ✓ Provide staff with secondhand smoke and asthma information, training and resources around asthma management plans, risk reduction options and community resources.
- ✓ Collaborate closely with family service workers to support parents in their efforts to improve the health of their children.
- ✓ Make sure a monitoring system is in place for staff to document their work with families in this area. This may mean using existing tracking systems or creating new ones.
- ✓ Encourage staff to look at their own wellness and the wellness of their families with regard to this issue. Be a role model for families.



Photo by T. Summers Child-Adult Resources Services 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.
- ✓ Support family service workers, parent committees and parent leaders to plan meetings that address the topic of promoting “Care for Their Air.”
- ✓ 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