



Smoke Free for Me Provider Talking Points

Safe Sleep (Please refer to Question #9)

- Talk with all who care for your baby about how to put your baby to sleep safely.
- Sudden infant death is increased by smoking in the home and having your child sleep somewhere other than an empty crib, alone, on their back.

For co-sleeping risk:

- Sleeping with your child in a bed or on a couch increases their risk of suffocation
- Always consider setting sleep routines and having your baby sleep in the room where you sleep, but not in your bed

For location-based risk:

- The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Resources are available to find a crib or pack-n-play for your infant.

RESOURCE: www.cribsforkids.org

For positional risk:

- Always place your baby to sleep on their backs during naps and at nighttime, NEVER on their side or stomach.

For objects in crib risk:

- Bumper pads, pillows, and blankets have been implicated in suffocation deaths in infants.
- Baby should sleep on a firm mattress with a fitted sheet only.
- Can use sleep sacks or swaddling blankets if used appropriately.

Smoking/Vaping – Primary Caregiver (Please refer to Question #10)

- Quitting smoking and creating a smoke-free home is the best thing you can do for you and your baby's health.
- Some risks for kids who are around smoke: lung infections, colds, ear infections, asthma or wheezing.
- Secondhand and thirdhand smoke: residual chemicals from smoke/vapors that spread throughout house & car, is dangerous even after smoke is gone, can damage baby's lungs, heart and immune system.
- There is no safe place to smoke or vape in the house or car due to initial smoke and vapor as well as second and thirdhand chemicals.
- What doesn't work: opening windows, using fan/AC, using filters, smoking in a specific room away from baby.
- What helps: smoking far away from the house, never smoking in car, washing hands and changing clothes.

Willing to Quit Smoking (Please refer to Question #10)

- Congratulations on making the decision to quit smoking!
- We understand it is hard to quit smoking, but you have made the best decision for both you and your baby.
- We are going to have you complete and sign this fax referral form for the Ohio Quit Line. We will send it to the Ohio Quit Line for you. The Quit Line will only call you at the times that will work best for you.
- When the smoking cessation coach calls you, please answer your phone – or call this person back. The coach is there to help you and they will provide you with the support and information you need to successfully quit.
- Your coach will provide FREE support and advice, a personalized quit plan and self-help materials, up-to-date information about medications and possibly FREE nicotine patches to help you quit smoking.

Not Willing to Quit Smoking (Please refer to Question #10)

- I understand that you are not ready to quit right now. It's very hard to quit.
- We'll continue to be here to help whenever you're ready to quit.
- For now, you can still decrease the smoke your baby is around to help keep your baby healthy.

Questions you could ask parents/caregivers: (Please refer to Question #14)

- What are other ways that you can decrease your child's exposure to smoke?
- Can I give you information on how to create a complete home/car smoking ban?

I'd like to give you some information to take home that you can read when you're ready. Is that okay?

Smoking/Vaping – Other(s) Living in the Infant's Home (Please refer to Question #11)

- Creating a smoke-free home is one of the best things that you can do for your child.
- Some risks for kids who are around smoke: lung infections, colds, ear infections, asthma or wheezing.
- Secondhand and thirdhand smoke: residual chemicals from smoke/vapors that spread throughout house & car, is dangerous even after smoke is gone, can damage baby's lungs, heart and immune system.
- Because there is no safe place to smoke or vape, do not allow any smoking by you, your relatives, or your visitors in any location that your baby may be in at any time.
- What doesn't work: opening windows, using fan/AC, using filters, smoking in a specific room away from baby.
- What helps: smoking far away from the house, never smoking in the car, washing hands and changing clothes.
- Ask anyone who cares for your child to not ever smoke around your child and tell them why. This includes relatives or visitors or daycare or other childcare workers.