

Cheltenham Communities That Care **TALKING WITH YOUR KIDS ABOUT VAPING**

How do I start the conversation with my kids?

Talk to your child about peer pressure and how it can intimidate people into making unhealthy decisions. There are reliable websites and apps that can help you and your child practice examples of dealing with peer pressure.

Don't wait until a problem arises or be fooled into thinking it could never happen to your child. Remember, the prime goal is to prevent problems before they start.

Start talking with your child about vaping and tobacco at an early age, such as kindergarten. Consult resources for age-appropriate and proven methods for starting conversations.

Acquire the facts about various vaping and smoking devices, substances, health risks, and addiction concerns. Consult your child's pediatrician and other reliable sources. Include your child in the dialogue.

Learn the rules in your child's school regarding substance use. Advocate for clear and easily accessible information that you review and discuss with your significant other and child.

If your child uses vapes or is involved in substance use, find out why. Make understanding a priority over punishment. You might even learn if there are underlying problems that need to be addressed.

Listen to what your child has to say. Acknowledge all points of view, especially your child's, even if you disagree. Engage your child, rather than talk at your child. Try not to dictate or lecture, because after a few minutes, you might be the only one listening.



What can I do as a parent to help?

Assist your child in finding outlets other than vaping to relieve stress, boredom, anxiety, or other emotions. Also, be accepting and encouraging of professional counseling. You can even assist in this process.

Be honest. If you also smoke, discuss how you can work together and be supportive of one another. Chances are your child wants you to quit as much as you want your child to quit.

Designate your home as a smoke free zone. Other substances can also be added. Let your kids know the rules apply to everyone who lives in the house as well as visits.

Set aside and schedule time every day to talk with your child. Utilize opportunities during car rides, meals, or walks together. Establishing a healthy relationship may make the difficult conversations easier to share.

Be a role model. If you don't want your child using vaping devices, then don't use them yourself. At the very least, do not smoke in front of your child.

Be patient and don't rush the process. It will take time to establish trust and open up about the difficult topics. Continue to work at it so that your child may feel comfortable turning to you for advice and support.

Resources

- [MONTGOMERY COUNTY ANTI-VAPING RESOURCES](#) as of January 2021
- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW. For Teens: Teen.smokefree.gov
- [Talk With Your Teen About E-cigarettes A Tip Sheet For Parents PDF](#)
- [E-cigarettes and Youth: Toolkit for Partners pdf](#)
- [SAMHSA—Understanding Addiction](#)
- [Talk. They Hear You \(samhsa.gov\)](http://samhsa.gov)
- [Truth Initiative's This is Quitting Program](#)
- [Electronic Cigarettes, CDC](#)
- [CATCH My Breath](#)
- [Reducing Vaping Among Youth and Young Adults PDF](#)