



Help your child to be a non-smoker

Set a good example by being a non-smoker. If you have found quitting difficult and are still a smoker, tell your child how you feel about your smoking. You can get support to help you quit. Wheatbelt Quit Smoking Program facilitators work across the Wheatbelt providing FREE support. Contact 9622 4320 to get local support to help you quit.

Support non-smoking messages. Make your house and car smoke-free zones. Don't send your child to buy smokes or get them to light cigarettes for anyone. If there are smokers in the house, keep smokes where children cannot get them.

Discuss smoking with your child when you see others smoke. Talk about the dangers of smoking. Explain the long-term risks but emphasise the immediate risks to their health and wellbeing (e.g. bad breath, stained teeth and fingers, and less money in their pocket). Explaining the long-term risks may not have much of an impact, as young people can find it difficult to imagine 20 or 30 years into the future.

For more information about smoking, go to <http://makesmokinghistory.org.au/> and <http://www.smarterthansmoking.org.au/>.

This week's ideas from LiveLighter® for families

LiveLighter® recipe #2 – Chicken Burgers - find the recipe here:

<https://livelighter.com.au/Recipe/134/chicken-burgers>

(image attached)

LiveLighter® tip #2 – Have you ever wondered how much sugar and energy you consume from drinks? Enter your details to find out: <https://livelighter.com.au/The-Facts/About-Sugary-Drinks> and <https://livelighter.com.au/SugaryDrinks/Calculator>

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