

Family Resource Centres, **you** can support pregnant & postpartum women to **live smoke-free**

Have **written policies** about smoking and second-hand smoke



Promote a **smoke-free environment** for all participants and staff

Always **provide follow-up** to those participants who are trying to meet their goal of living smoke-free



Start a “**buddy system**” so those who previously quit can support those who recently quit

Provide program supports such as having healthy snacks, child care, transportation and cope kits available to participants

Include messages about the **benefits of living smoke-free** in Family Resource Centre programs and services



Organize activities for National Non-Smoking Week in January

Let participants know that **some quit-smoking products (e.g. the patch) are subsidized under Provincial Government programs** and advise them to talk to their health care provider about options that may work for them

Ask participants **early and often** about smoking and second-hand smoke

Refer participants to the **Smokers' Helpline** for support



Encourage staff to contact the **Smokers' Helpline** for information and supports

Provide information about quitting smoking and second-hand smoke



Provide **training and information** to staff

Set up displays and posters about the importance of smoking less, quitting smoking and staying smoke-free



Strengthen your community-based partnerships with the Smokers' Helpline, Alliance for the Control of Tobacco and your Regional Health Authority



Celebrate your smoke-free successes and accomplishments

