

# Pointers For Parents

## Keeping Kids Off Cigarettes

(NAPSA)—Leading by example is the best way to send messages about health to your children. But what if you're a current or former smoker and don't want your kids following in your footsteps? Parenting expert Dr. Michael Popkin says there's still plenty you can do.

Popkin suggests being honest with your child. Tell him that you smoke or used to smoke, how you got started and what it's like being addicted to something. The more straightforward you are, the more likely he is to listen.



**Parents who smoke need to talk to their children about the risks of smoking.**

Talk Early, Talk Often—Lorillard Tobacco Company's Youth Smoking Prevention Program—suggests parents also tell kids about smoking's physical drawbacks. "Share how it feels to be short of breath from cigarettes. Talk about the bad breath smoking causes and stained teeth and fingers," says Popkin, spokesman for the program.

As a final tip, talk about the expense of smoking. Tell children how much cigarettes cost, how many packs you smoke a week and what that adds up to—it might just help you quit as well.

For more information, visit [www.KeepKidsFromSmoking.com](http://www.KeepKidsFromSmoking.com).