

Pointers For Parents Stopping Children From Smoking

(NAPSA)—Understanding what motivates children could be the first step towards keeping them from smoking.

Dr. Michael Popkin, author of "Taming the Spirited Child," says that may be particularly true in the case of "spirited" children who are innately more intense and challenging for parents—and who are proven to be more likely to smoke.

Popkin, who is also spokesperson for Lorillard Tobacco Com-



It's important to talk about the dangers of smoking.

pany's Youth Smoking Prevention Program, says that among other things, spirited children are curious, adventurous, powerful, persistent and sensitive.

Taking into account these personality traits, Popkin suggests parents put together a plan on how they will talk with their child about the dangers of smoking.

Parents are encouraged to visit www.keepkidsfromsmoking.com to help prepare them for the conversation. The site features talking tips, warning signs, age-specific advice, further parenting advice from Dr. Popkin and more. A free, practical how-to guide can also be downloaded at the Web site.