

# Cut Along Line

1.

## The 5 A's of Brief Tobacco Intervention Child(ren)'s Exposure to Secondhand Smoke

Child's name \_\_\_\_\_

DOB \_\_\_\_\_

**1. ASK**  
Does your child(ren) ever breathe in secondhand smoke?

No, they don't.

**Congratulations !**  
Reinforce benefits of smoke-free air and reduced risk of SIDS, asthma, lung cancer, heart disease, tooth decay

So, do you or anyone in your household use tobacco?  
 No  
 Yes  
 **Presenting parent proceed to side 2** →  
 Other family member – offer cessation information

Yes

**2. ADVISE**  
The most important advice I can give you is to keep your child(ren) from breathing secondhand smoke and I can help.

**3. ASSESS**  
 Where (home, vehicle, family/friends, daycare, other)  
 Who (parents, grandparents/relatives, childcare providers, other)

**4. ASSIST**  
Provide and review relevant sections of "*Protecting Your Children from Secondhand Smoke*" booklet in relation to the **Motivational Interventions** listed below:

**RISKS**  
You are probably aware of the health problems caused by children breathing secondhand smoke. Tell me about the ones that really worry you.  
Relevant section: Effects of Secondhand Smoke on Children.

**RELEVANCE**  
You do many things to protect your children (bringing them for immunization). Do you think that reducing secondhand smoke is an important thing to do to help your children be healthy?  
Relevant section: Protect Your Children From Secondhand Smoke.

**ROADBLOCKS**  
You may feel a smoke-free environment is not possible all of the time. What is making it difficult for you to create a smoke-free environment?  
Relevant section: Challenges, supplementary tearsheets

**REWARDS**  
It may be hard to protect your children from secondhand smoke. What are the benefits for you and your children when you are able to provide a smoke-free environment all of the time?  
Relevant section: Benefits of a Smoke-free Environment.

**REPETITION**  
Repeat any of the above interventions until smoke-free environments are established all of the time.

**NOTES:**

postnatal \_\_\_\_\_  
 \_\_\_\_\_

2 months \_\_\_\_\_  
 \_\_\_\_\_

4 months \_\_\_\_\_  
 \_\_\_\_\_

6 months \_\_\_\_\_  
 \_\_\_\_\_

12 months \_\_\_\_\_  
 \_\_\_\_\_

18 months \_\_\_\_\_  
 \_\_\_\_\_

4 years \_\_\_\_\_  
 \_\_\_\_\_

other \_\_\_\_\_  
 \_\_\_\_\_

NSHS = No Secondhand Smoke exposure  
 SHS = Secondhand Smoke Exposure  
 D = Discussed    R = Referred  
 \* = Concern

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**5. ARRANGE**  
Refer to contact list on the back of "*Protecting Your Children from Secondhand Smoke.*"

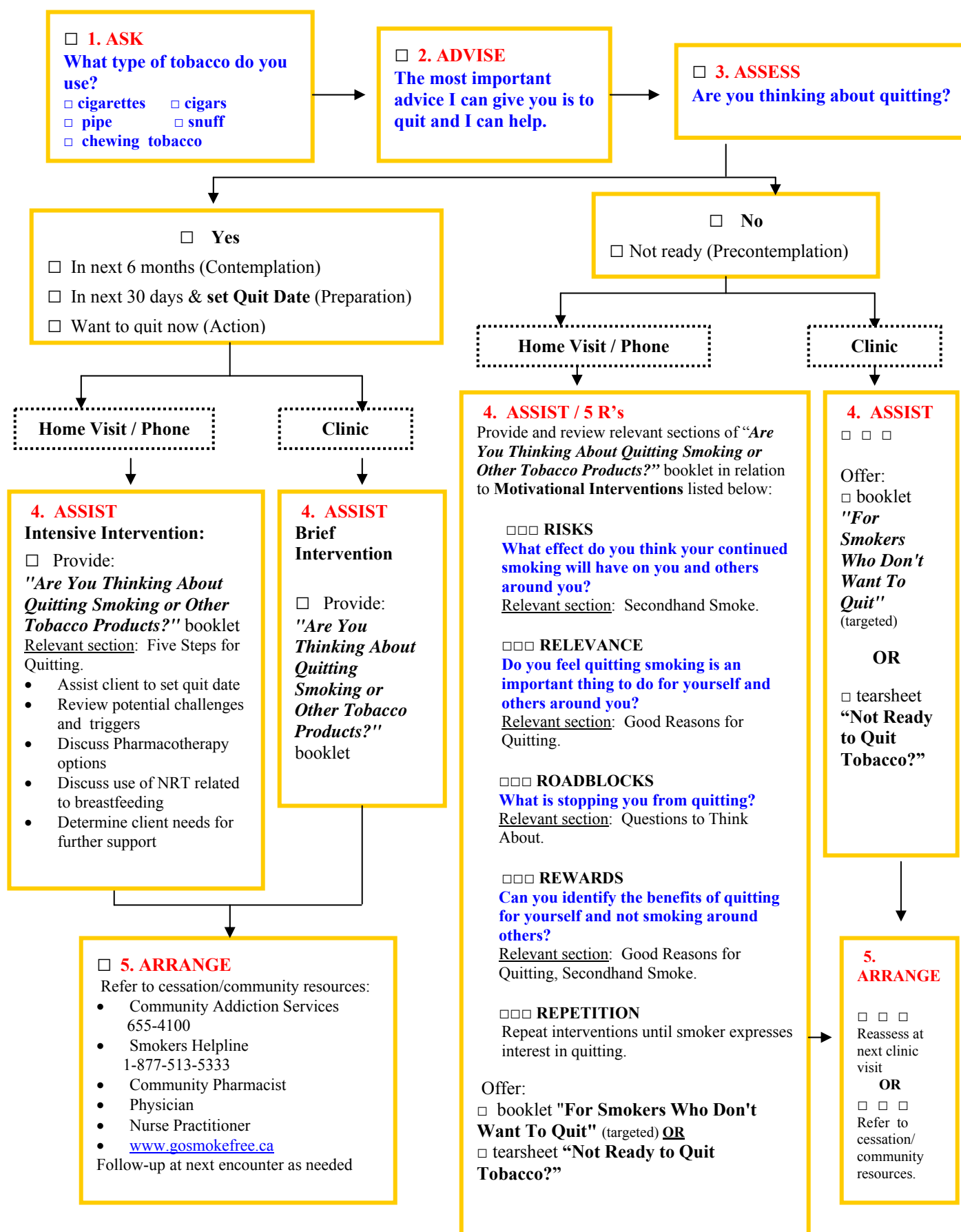
If presenting parent is a smoker, proceed to side 2. →

Side 1



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## 2. The 5 A's of Brief Tobacco Intervention - Quitting Tobacco



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### NOTES:

- ☐ postnatal \_\_\_\_\_
- ☐ 2 months \_\_\_\_\_
- ☐ 4 months \_\_\_\_\_
- ☐ 6 months \_\_\_\_\_
- ☐ 12 months \_\_\_\_\_
- ☐ 18 months \_\_\_\_\_
- ☐ 4 years \_\_\_\_\_
- ☐ other \_\_\_\_\_