



**CATCH**<sup>®</sup>  
MY BREATH

# Parent Toolkit

## Section 2

MIDDLE AND HIGH SCHOOL

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## Checking-In: An Effective Way to Support your Child

Checking-in with your child helps you keep track of their social activity, set rules about their free time, and tune in to when something might be wrong.

These **simple questions** and actions can have a **BIG effect** on their decisions, including whether or not to try e-cigarettes. A few rules about their free time can prevent opportunities for risky behavior. Use the list below to identify easy ways for you to check-in with your child.

### Where, Who, When?

Ask where your child is going, who they're going with, and when they will be back.

### Make Connections

Know the names and contact information for their friends and parents of friends.

### Keep Them Busy

Encourage and help your children enroll in after school activities they enjoy.

### Attend School Events

Be sure to keep in touch with teachers, coaches, and staff.

### Set Rules

Require adult supervision and curfews. Be consistent in enforcing fair consequences.

Checking-in with your child decreases opportunities to make risky choices about tobacco products and alerts you to possible problems. It's also helpful to know what you're up against. Check out the resources below to learn more about the e-cigarette epidemic and parent tips to support your child.

**CATCH My Breath:** [Catch.org/pages/CMB-Parent-Resources](https://catch.org/pages/CMB-Parent-Resources)

**Nemours Children's Health Care and Parenting Tips:** [KidsHealth.org](https://kidshealth.org)

**The Surgeon General:** [e-cigarettes.SurgeonGeneral.gov](https://e-cigarettes.surgeongeneral.gov)

**The Centers for Disease Control and Prevention:** [CDC.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://CDC.gov/tobacco/basic_information/e-cigarettes/index.htm)



Children who needed to check-in with their parents about their free time were half as likely to try tobacco products.

