



Make Parenting a Pleasure Succeeds with Weekend Retreat

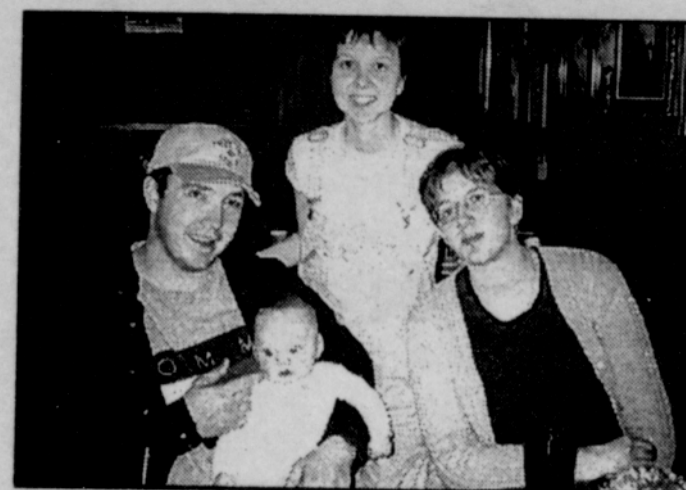
Make Parenting a Pleasure is a positive approach to family relationships. It helps parents learn skills that improve their relationships with the whole family. Topics include taking care of oneself (the parent), listening and communication, stress management, and child development. This information then becomes the "tools" in a parent's toolbox for discipline.

Discipline really means to teach. What all parents want is to teach their children to become whole, healthy, independent adults. Sometimes discipline focuses on punishment and the true goal gets lost. This program helps parents focus on discipline in a positive light, and gives them a chance to practice and problem solve for their own families.

Thirty-one parents and parents-to-be attended the retreat held at the Salem-area Head Start school. They brought their 30 children with them. All meals were provided, plus lodging for those from outside the

Salem area. This retreat also gives families time to relax and participate in family-centered activities.

Community health advocates from the area offices also did presentations on health and safety issues, such as car seats, poisoning, second-hand smoke and baby bottle tooth decay. Many thanks to everyone involved – both the presenters and the participants. Let's keep Siletz children healthy!



Participants enjoy the parenting retreat: (left) Jade Brown-Godfrey and Alika visit with Ashley McClintock and Jesse; (top) Seth, Hunter, and Allison Nobel, and Darcy Jones; (above) Lisa Werth and Jeanna Harrington play with Kaitlyn Harrington in the pool.

Tobacco in Any Form is Dangerous

by Danelle Zosel-Sanderson

World No-Tobacco Day

Celebrated throughout the United States and the world, World No-Tobacco Day (May 31) encourages governments, communities, groups, and individuals to sponsor community activities in concert with more than 191 countries across the globe. The national and international media attention surrounding World No-Tobacco Day helps promote and reinforce local efforts.

Tobacco Facts

Tobacco smoke contains more than 4,000 identified chemical compounds, 43 of which are known to cause cancer in humans or animals. The terms "light" and "mild" are grossly misleading because they imply a healthier cigarette or tobacco product. Smokers regulate their nicotine intake by the intensity, volume, or frequency of puffing to get their desired nicotine dose. Smokers who do not quit in their early 30s have a 50 percent chance of dying of a tobacco-related disease.

Smokeless Tobacco

There are two forms of smokeless tobacco – oral snuff ("dip") and chewing tobacco ("chew"). Smokeless tobacco is not

safer than cigarettes. It contains dangerous chemicals, including cancer-producing ones. Long-term smokeless tobacco users begin to develop oral tissue abnormalities within a year. Smokeless tobacco can result in non-cancerous and precancerous oral lesions, gum recession, gingivitis, tooth caries, abrasions, and stains.

Passive Smoke

- Environmental tobacco smoke (passive smoke) is a Group A carcinogen that causes 30 times as many lung cancer deaths as all air pollutants combined.
- Exposure to passive smoke increases the risk of lower respiratory tract infections, asthma, ear infections, and Sudden Infant Death Syndrome in children.

Health Risks

- Nicotine produces cancer.
- Nicotine causes increased heart rate, blood pressure, and blood flow from the heart; narrowing of blood vessels; decreased oxygen in the blood; increased fatty acids, glucose, cortisol, and other hormones in the blood; and increased risk of hardened arteries and blood clotting.

Pregnancy and Smoking

Pregnant women who smoke are at much greater risk of miscarriage, stillbirth, pre-term delivery, low-birth-weight, and infant mortality. If a pregnant woman stops smoking before pregnancy or during the first three or four months of pregnancy, the risks of low-birth-weight are reduced. Although using the nicotine replacement patch during pregnancy is controversial, many experts agree that the benefits of quitting outweigh the potential toxicity of nicotine found in NRT treatments.

For additional information, contact:

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If you or anyone you know is interested in Smoking Cessation classes, please contact the community health advocate in your service area or Danelle Zosel-Sanderson at 1-800-648-0449 or 541-444-1030.