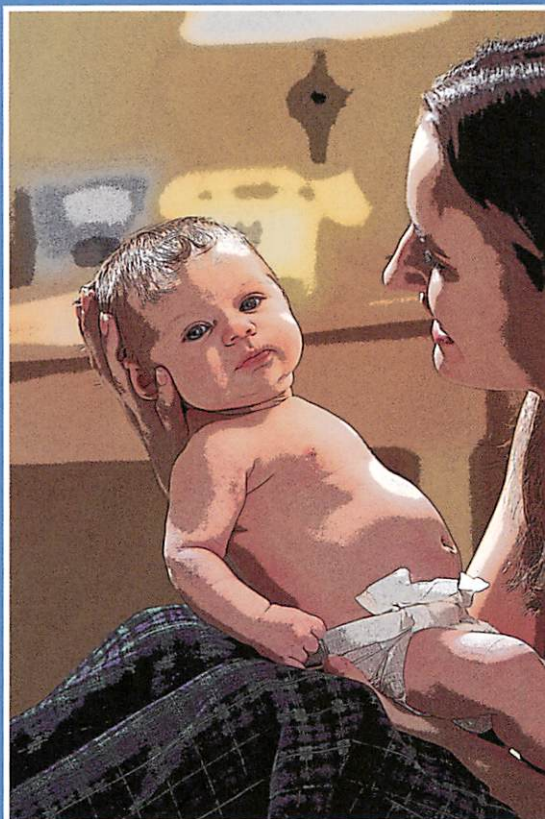


Raising healthy children.



Creating a healthy environment for your child.



SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN

www.healthandwelfare.idaho.gov

Doing what's best for your child makes a big difference.

Every parent wants what's best for his or her child. The kind of home, your behaviors, and care you provide for your child today will influence their health and well-being tomorrow and for years to come.

What you should know:

Breathing smoke from cigarettes is harmful to your child. Secondhand smoke increases your child's chances of getting serious infections like bronchitis and pneumonia, as well as ear infections. It can even make a child's asthma worse.

If you or other family members smoke and are not able to quit, set some rules to reduce your child's exposure to secondhand smoke:

- No smoking around the child.
- No smoking in the house.
- No smoking in the car.
- Avoid taking your child to places where smoking is allowed.

Alcohol can turn a home upside down. Parents who drink too much are not able to make good decisions about the care of their children, so limit how much alcohol you use. Never drink so much that you endanger your child's health or well-being.

Illegal drug use can destroy your family. Put your child first by having a clear mind. Money spent on drugs robs your children of necessary food, clothes, and toys.

Parenting is a big responsibility.

It can also provide tremendous joy and satisfaction. Seeing your child grow up healthy and happy is the best reward for caring enough to make the right decisions.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

**Contact the Idaho CareLine for additional information:
Call 211 or 1-800-926-2588 TDD 208-332-7205**

The WIC Program is an equal opportunity provider and employer.