Vaping intervention:
Talking to your kids about vaping

When talking to your child about vaping, there are endless ways to get the conversation started. Here are a few tips:
- Focus on their health and safety, not punishment.
- Ask your child open-ended questions.
- Talking about vaping you've seen on a show or finding a news article about vaping can be a good place to start.
- Focus on listening to your child.

How to know if your child is vaping
Companies that make vape products and devices are hiding them in everyday items, so they can be difficult to spot. Here are some common things to look for:
- USB or flash drives that are vape devices
- Pods or cartridges that contain the vape liquid
- Flavoring scents

Vaping can impact how your child behaves. Here are some signs your child may be vaping:
- They're more anxious or irritable
- Their appetite decreases
- Their mood and behavior is different

In addition to behavior changes, vaping can lead to physical symptoms that may include:
- Breathing issues
- Cough or sore throat
- Headaches

What to do if your child is vaping
You know your child best, and the goal is to convince them to quit. They need to be the one who wants to quit, but here are some things you can try:
- Ask them why they started vaping. This can help them come up with a plan to avoid triggers and quit.
- Try convincing your child that there are resources available to help them quit, and they aren't alone.
- Consider contacting their pediatrician for resources and help. Make sure to bring up vaping at your child's yearly physical or make a separate appointment if your child needs immediate help. If you think your child has a good relationship with their doctor, they might feel more comfortable talking to them about vaping.

Once they have decided to quit, use the Tips for Quitting resource.

Vaping resource links:
American Heart Association resources for parents
How to tell if your child is vaping article
Live Vape Free program (Wisconsin Tobacco QuitLine)
This is quitting text message program
Smokefree.gov apps

HealthyKidsLearnMore.com

Children's Wisconsin   e-learning