

# What to do if your child is vaping

When talking to your child about vaping, there are many ways to get started. Here are a few tips:

- Focus on their health and safety, not punishment.
- You can start by talking about vaping you have seen on a show or share a news article about vaping.
- Ask your child open-ended questions that do not have a simple yes or no answer.
- Focus on listening to your child.

## Signs your child is vaping

Companies that make vape products and devices are making them look like everyday items. This makes devices difficult to notice. Here are some common things to look for:

- USB or flash drives that are vape devices
- Pods or cartridges that hold the vape liquid
- Flavoring scents

Vaping can impact how your child acts. Here are some signs your child may be vaping:

- They are more anxious or annoyed
- They eat less food and drink more
- Their mood and behavior is different

Vaping can lead to health-related symptoms that can include:

- Breathing issues
- Cough or sore throat
- Headaches
- Dry mouth

## What to do if your child is vaping

If your child is going to quit vaping, they need to want to stop. Let them know you are there to help them. Here are some things you can try:

- Ask them why they started vaping. This can help them to come up with a plan to avoid those things that cause them to vape. This will help them quit.
- Explain that there are resources to help them quit. They are not in this alone.
- Ask their doctor for resources and help.
  - Make sure to bring up vaping at your child's yearly visit.
  - If your child needs help right away, make an appointment.
  - If you think your child trusts their doctor, they might be willing to talk with them about vaping.

## Vaping resources

Visit the websites below for more information about vaping and help quitting.

- American Heart Association: [heart.org](http://heart.org)
- American Lung Association: [lung.org](http://lung.org)
- My Life, My Quit: [mylifemyquit.org](http://mylifemyquit.org)
- The National Cancer Institute's Tobacco Control Research Branch: [smokefree.gov](http://smokefree.gov)
- Truth initiative: [truthinitiative.org](http://truthinitiative.org)
- Wisconsin Quit Line: [quitline.wisc.edu](http://quitline.wisc.edu)
- Wisconsin's tobacco prevention and control movement: [tobwis.org](http://tobwis.org)

