

Break Free From the Smoking Habit

Lola Idad's tips to make your home smoke free

Protect your children!

Talk to your children about the harm that smoking will do to their health. Help them practice saying, "No, thanks. I don't smoke."

If your children already smoke, the way you react can make a difference. Tell your children that you really care about them and what happens to them. Listen to their thoughts and feelings. Give them facts that can help them choose good health over smoking.

Make your personal pledge to protect your family from cigarette smoke.

Here are some examples:

- If you smoke—

I will set a quit date today. (The important thing is for you to pick the date—not your doctor, not your family, not your kids. It is **your** decision.)

My quit date is _____ **(date)**

- To help your children stay smoke free—

I will talk to my children about the harmful effects of smoking cigarettes and cigars. I will encourage them to create a sign that says, "We are proud to be smoke-free kids."

I will do this on _____ **(date)**

- To protect your family, friends, and others from smokers—

I will let my family, friends, and others know that I do mind if they smoke around me. I will put a "No Smoking" sticker or sign in my house and car.

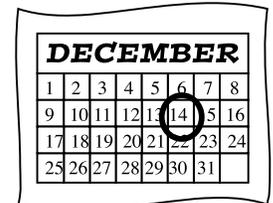
I will do this on _____ **(date)**

- To help your community—

I will encourage my neighbors and local businesses, such as restaurants, to be smoke free. I will give them "Thank You for Not Smoking" cards.

I will do this on _____ **(date)**

When a friend comes to our house and lights up a cigarette, I say very politely, "I'm sorry, we have a smoke-free home. Please smoke outside." And I keep a sign in my home that says, "Thank You for Not Smoking."



The health of your family and yourself is priceless. Value it!