

Helping Your Loved One Quit Smoking: *Tips for Family and Friends*

Ask how you can help

Your support can make a big difference. People need different kinds of help when they quit. Ask how you can help. If they say no, that's OK. Let them know you will be there if they need you.

Share quit tips

If you are a former smoker, share tips that helped you quit for good.

Do not smoke

If you smoke, do not smoke around someone who is trying to quit. Remove all smoking items from the house, car, etc. Do not offer the person a cigarette!

Be available to talk

Even if your loved one wants to talk late at night or early in the morning, try to be as available to them as possible.

Keep high calorie munchies away

Rather than eating, suggest a walk or some dancing when those "on edge" feelings strike in the first few days. Keep high-calorie snacks out of the house or out of sight.

Remember, this is a first attempt

Not all smokers can quit on the first try. Try not to add to the guilt if they have trouble quitting. Be supportive and let them know that you still believe they can quit for good.

Make plans for a "Quit Day"

Think about fun ways to stay busy on the "Quit Day." Go to the movies, visit the mall or take a trip to the park. Remember, they may be irritable. Help distract them when they have cravings for a cigarette.

Send a note or flowers

Help with things around the house for a few days, send a happy note or take them flowers. Find out about support groups or classes in your area. Offer to go with them or take them.

Reward Quitting

Treat your loved one to dinner or the movies, buy them a small gift or give them a massage for not smoking.



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