



I am not ready to quit smoking, but I am ready to:

- Talk about how my smoking affects my kids
- Stop smoking in my car
- Stop smoking in the house
- Change clothes after smoking before I hold my baby and hug my kids
- Learn new ways to reduce my stress
- Take a 5 minute walk instead of smoking once this week
- Talk to my family and friends about how they would be able to help me protect my kids from smoke
- Call 1-800-QUIT-NOW and get a Free Quit Coach to help me
- Talk to my doctor and/or pharmacist about medications that can help me quit smoking.
- Visit www.smokefree.gov

Adapted from Williams, Jill, et al. Learning About Healthy Living. New Jersey Division of Mental Health Services, rev. 2012.



www.tobaccofreechattanooga.org