



SMOKE-free

Get help kicking the tobacco habit

How to Encourage a Loved One to Stop Smoking

- **Respect the smoker's feelings.** Don't nag or preach to your loved one, and don't offer advice if you aren't asked. The decision to quit smoking is a difficult one, and your friend or family member needs your support, not a scolding.
- **Offer lots of encouragement.** Quitting smoking is very difficult, and your loved one needs your support. Tell your friend or family member that you are proud of them for quitting, and ask what you can do to help.
- **Be understanding.** Your loved one is probably having nicotine cravings, feelings of frustration and nervousness. They may act very cranky, especially in the first couple days. Remember that they won't be grumpy forever.
- **Offer a "quit kit."** Many smokers find it helpful to chew on gum, eat a snack, or work on a hobby when they crave a cigarette. A kit with healthy snacks, mints, knitting needles, or fun word games can help distract your loved one when a craving hits.
- **Find a new routine.** Help your loved one break away from routines that remind them of smoking. Suggest a walk after dinner when they usually smoke, avoid the smoke-filled diner where you used to get coffee, or help them find a new route to work.
- **Never smoke around your loved one.** If you smoke, do so outside and away from the quitter. Keep matches, cigarettes, lighters, and ashtrays out of their sight. Don't offer the quitter a smoke, even as a joke.

Sources:

American Cancer Society. *Helping a smoker quit: dos and don'ts.*
<http://www.cancer.org/Healthy/StayAwayfromTobacco/helping-a-smoker-quit?sitearea=&level=>
Accessed August 2, 2011.

Partnership for a Tobacco-Free Maine. *How to help others quit.*
http://www.tobaccofreemaine.org/quit_tobacco/how_to_help_others.php
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