

Let your parent know that you will always love them, but if they quit smoking, they may be there for you to tell them that for a longer time.



Remember – you cannot make your parent quit smoking. Your parent has to make that decision. Do **not feel discouraged if your parent doesn't quit right away.**

If you would like more information on how to help your parent stop smoking, visit this website:

www.champss.net

Source: Children Helping and Motivating Parents to Stop Smoking
<http://www.champss.net>

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**I Wish My Parents
Would Quit Smoking**



Can I Help?



**Cancer Prevention &
Research Institute
of Texas**

You wish your parent would quit smoking, but how do you help them to quit?

Start by telling your parent why you want them to **quit smoking. You might say something like, "I love you, and I want you to be healthy."**

Here are some reasons to give your parent to encourage them to stop smoking:

1. Twenty minutes after taking your last puff, your blood pressure will drop back to normal.
2. Within one year after quitting, your risk for a heart attack is decreased.
3. Your food will taste better.
4. Your sense of smell will return to normal.
5. Ordinary activities, such as climbing stairs or doing chores, will no longer leave you struggling for breath.
6. If you smoke a pack a day, you will save over \$1,400 in one year of not smoking. If you smoke two packs a day, you will save more than \$2,800 in one year of not smoking.



If your parent is trying to quit smoking, here is what you can do to encourage them:

- ★ Keep them busy. Go for a walk, or play a sport with them. Go shopping, or do any activity that will keep their mind off of smoking.
- ★ If they are having trouble quitting, encourage them to get help. They can go to free quit-smoking counselors. Or they can call a Quit Line for help, such as **1-877-YES-QUIT**.
- ★ There are medications to help, too.
- ★ Buy or make a journal, and help them list the reasons why they want to quit smoking. Encourage your parent to make a plan to quit smoking. In that plan, set a start date.
- ★ Understand that quitting cigarettes can make people seem cranky and put them in a bad **mood. Keep your parent's stress level down** by not arguing and doing what they ask.
- ★ **Celebrate your parent's progress with a card,** flowers, or even bake something for them.
- ★ Make a pledge to never smoke, and share that pledge with your parent. It might inspire them to quit.

