

# Get Help Quitting

## Parent Activity

### Overview

Parents will become familiar with a variety of community, state and national resources available to help them quit using tobacco by assembling a set of flashcards. Additionally, the flashcards can be used to help parents work with children to practice the alphabet.

### Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #3 Families as Lifelong Educators
- #4 Families as Learners
- #6 Family Connections to Peers and Community

### Supplies

- 1" loose leaf binder rings or 5" pieces of heavy string - 1 per participant
- Scissors - 1 per participant
- Hole punch - 1 per participant
- 2 sided flashcards (appendix A7-A16) - 1 set per participant
- Health Benefits of Quitting Handout (appendix A17) - 1 per participant

### Before You Begin

Print two sided flashcards (front and back) onto paper and laminate. If lamination is not available, print cards onto heavy paper. Make copies of the Health Benefits of Quitting Handout.



# Steps

**Pre-Activity Discussion:** Quitting tobacco is the single best thing you can do to improve your health and the health of your children. Quitting can also be difficult. Getting help can make the difference. Talking with your doctor about your intentions and about medications or nicotine replacement products can be a great first step.

Signing up for text messages and using phone apps can help you throughout the day to stay on track. Using healthy coping skills to manage cravings and knowing that they are only temporary will help you be successful.

## Activity Instructions

1. Give parents a copy of the Health Benefits of Quitting handout.
2. Have parents cut out each flashcard.
3. Have parents line up the hole punch with the black circle in the top left corner of each flashcard and punch a hole into each flashcard.
4. Sort cards so they are in alphabetical order.
5. Bind the cards together using a 1" binder ring or tie together with heavy string. (Note: if using string, do not tie it tightly - leave slack so that the cards can flip easily).
6. Brainstorm with parents how, when, and where they can use these cards. Some examples are:
  - Keep cards handy at all times so there is easy access to quitting support
  - When feeling a craving, turn to the "Crushing Cravings" tips on the back of the cards
  - Use the cards while waiting at an appointment and make it a short learning session with their child



FREE Internet Quit Resource

**Smokefree.gov**

FREE Internet Quit Resource

**Everytrycounts.gov**

FREE Internet Quit Resource

**Betobaccofree.gov**

FREE Internet Quit Resource

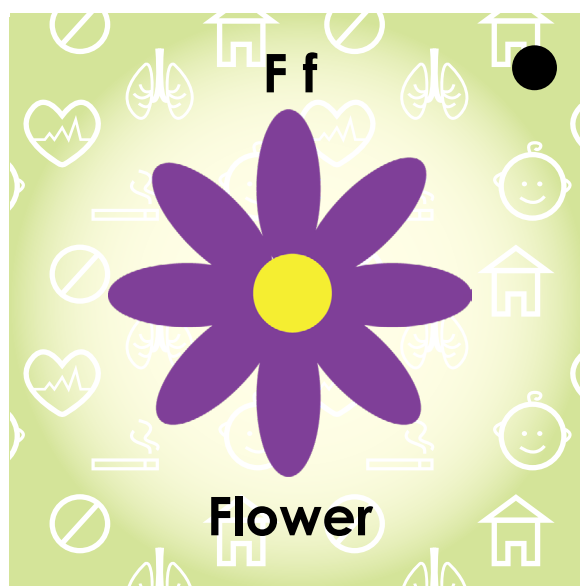
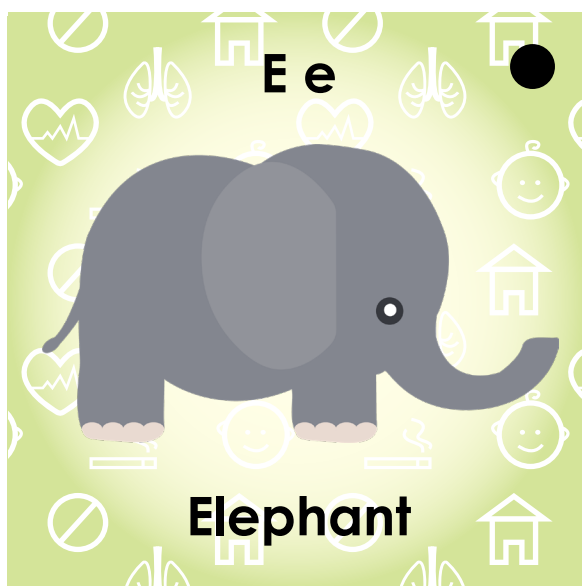
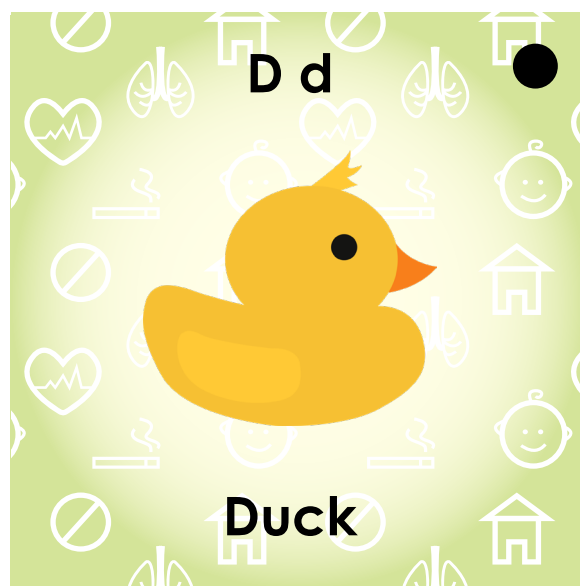
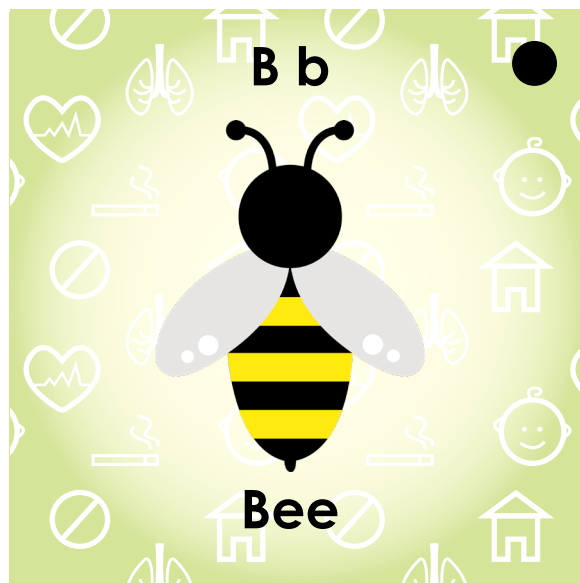
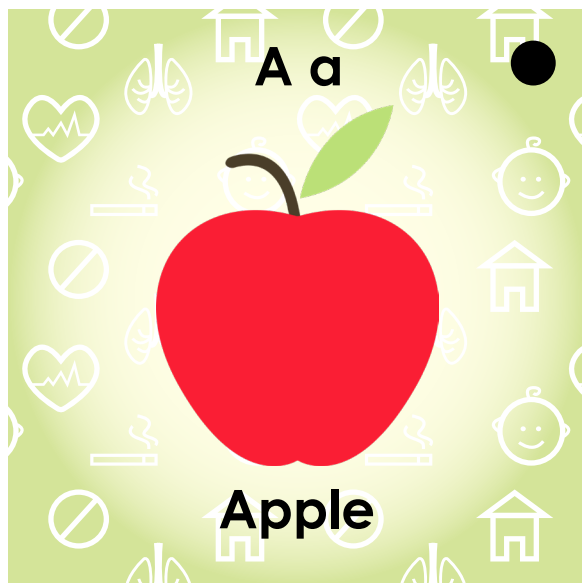
**QuitNowIndiana.com**

FREE Internet Info Resource

**American Lung Association**  
lung.org/stop-smoking

FREE Internet Info Resource

**QuitNowIndiana.com**



● FREE Internet Info Resource

**Smokefree.gov**

● FREE Phone App

**quitSTART**

● FREE Internet Info Resource

**Everytrycounts.gov**

● FREE Phone App

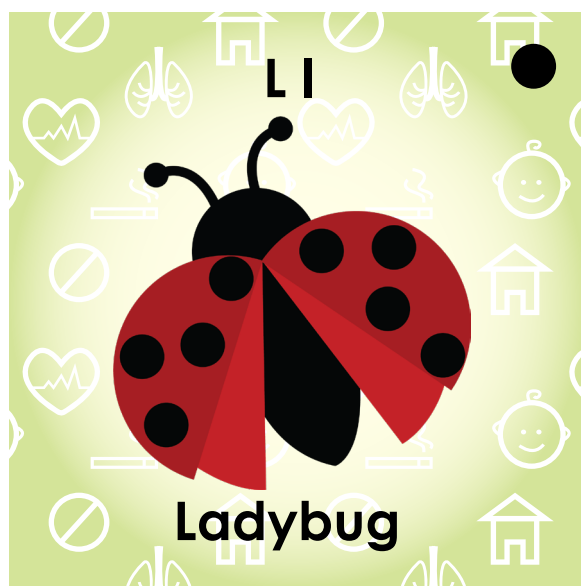
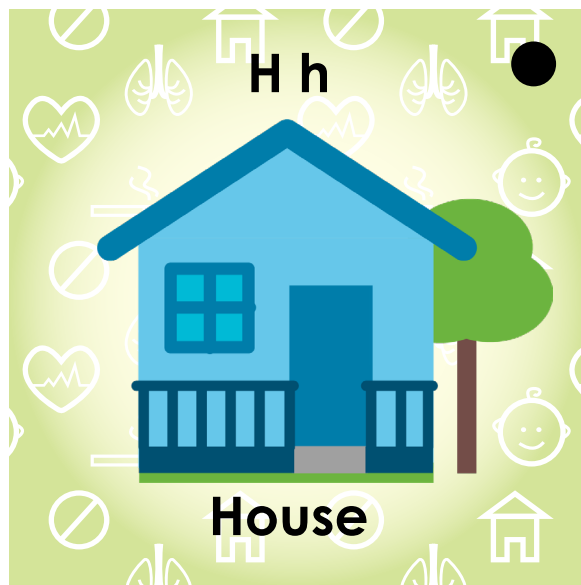
**quitSTART**

● FREE Phone App

**QuitGuide**

● FREE Phone Support

**1-800-Quit-Now**  
**(1-800-784-8669)**





● FREE Phone Support

**1-800-Quit-Now**  
**(1-800-784-8669)**



● FREE Text Message Support

**smokefree.gov/**  
**smokefreetxt**



● People

**Doctor**



● People

**Pharmacist**



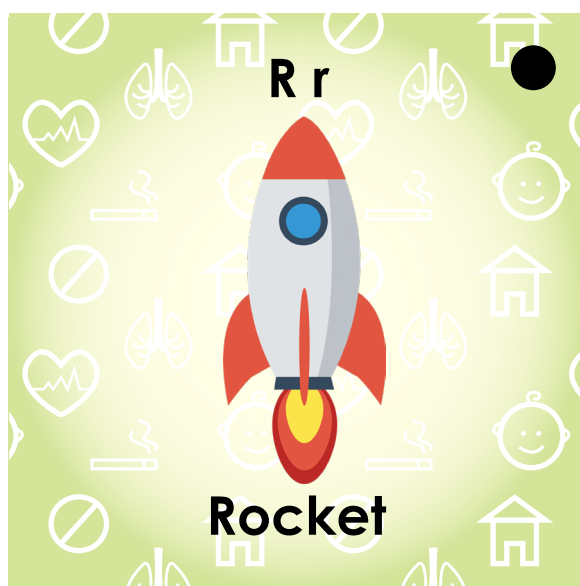
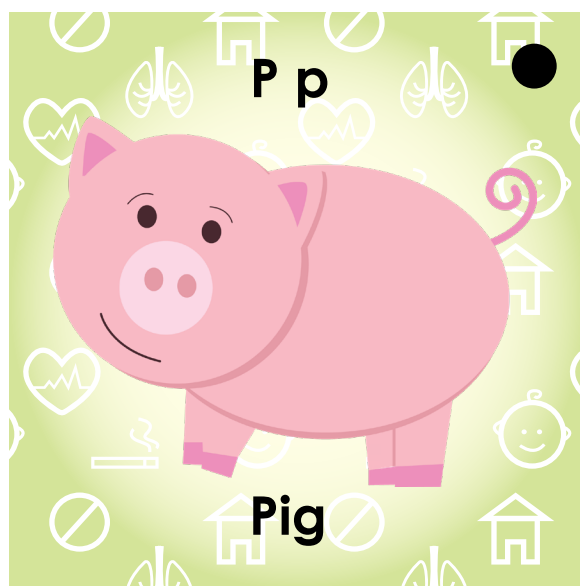
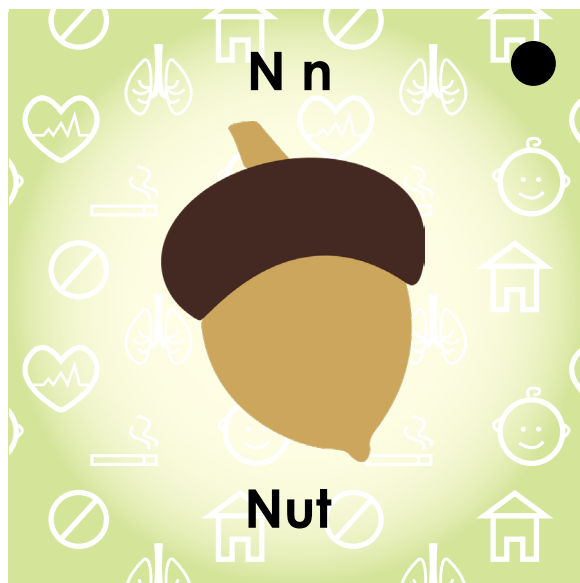
● People

**Counselor/Therapist**



● Crushing Cravings

**Go for a walk or take**  
**an exercise class.**



● Crushing Cravings

**Warm up your hands by holding something warm or running them under warm water.**

● Crushing Cravings

**Take deep breaths or listen to calm music.**

● Crushing Cravings

**Stress less - learn to relax.**

● Crushing Cravings

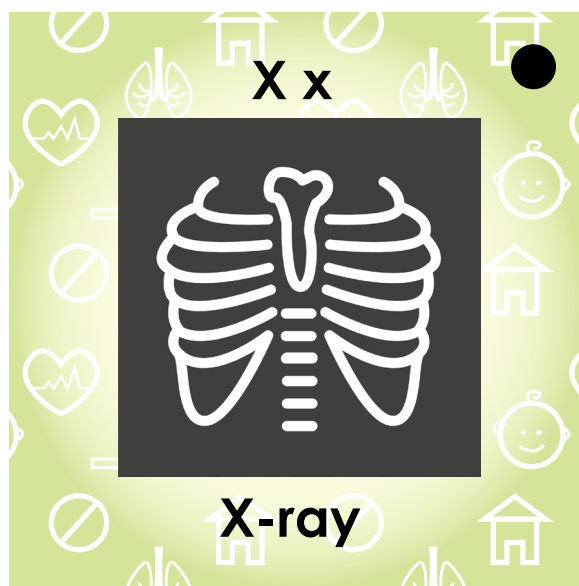
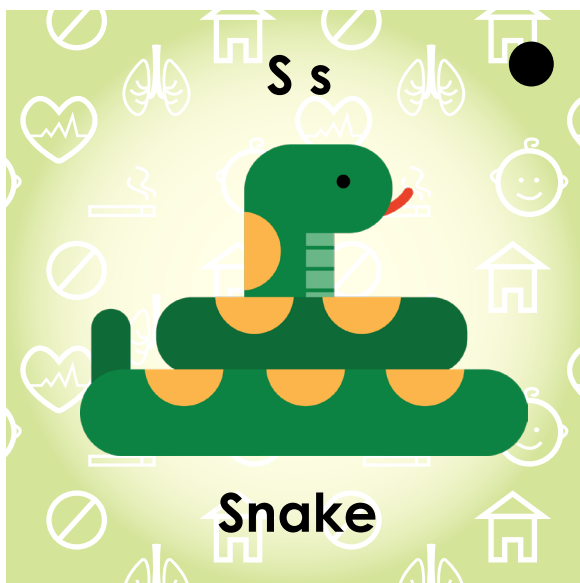
**Call a supportive friend.**


● Crushing Cravings

**Distract yourself by finding something to take your mind off of it.**

● Crushing Cravings

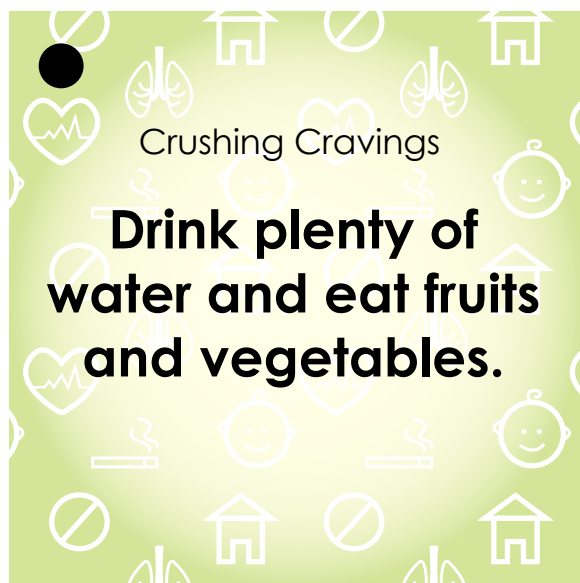
**Remind yourself why you want to quit.**





● Crushing Cravings

**Avoid people, places, and activities that make you want to smoke.**

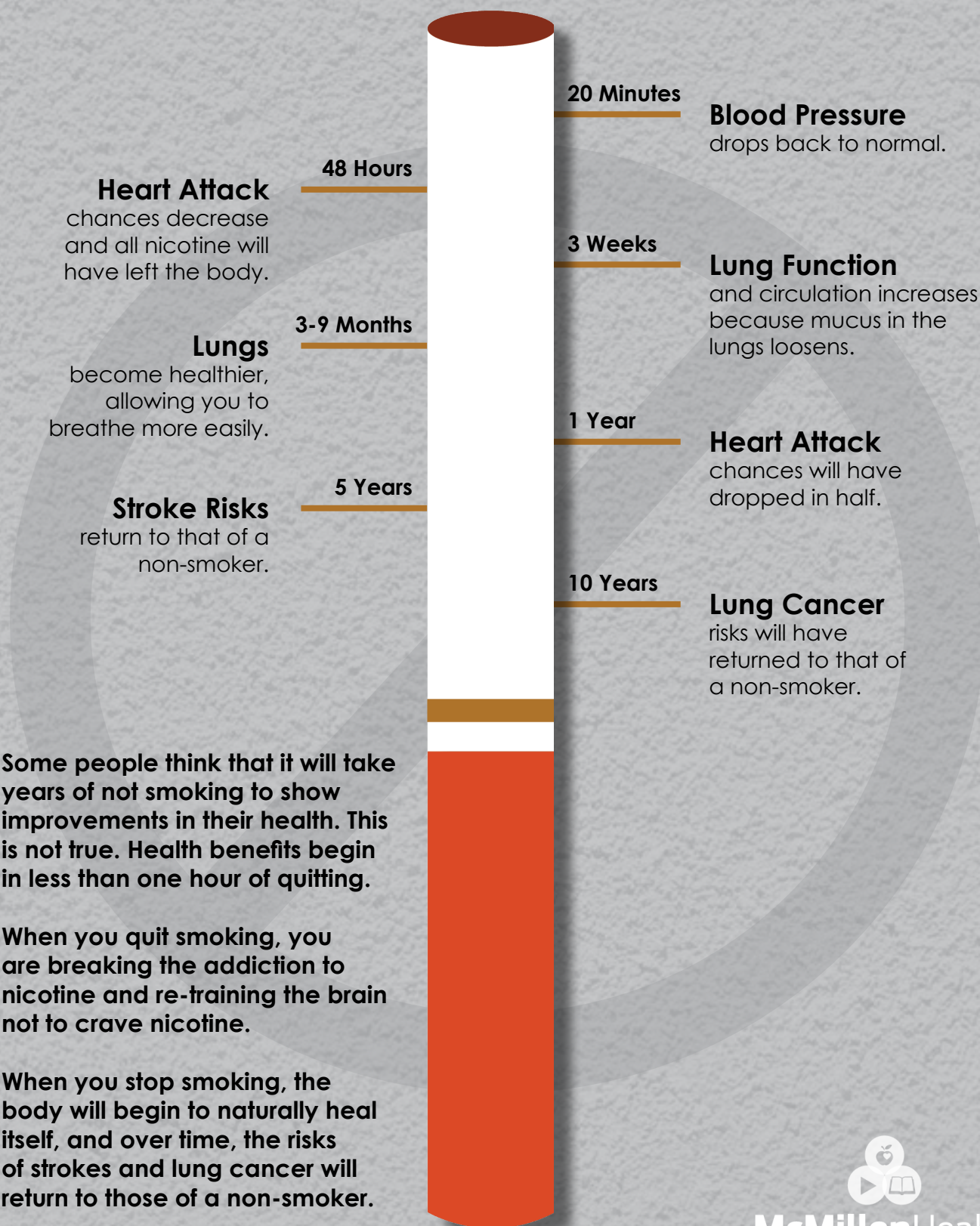


● Crushing Cravings

**Drink plenty of water and eat fruits and vegetables.**



# Health Benefits After Quitting



Some people think that it will take years of not smoking to show improvements in their health. This is not true. Health benefits begin in less than one hour of quitting.

When you quit smoking, you are breaking the addiction to nicotine and re-training the brain not to crave nicotine.

When you stop smoking, the body will begin to naturally heal itself, and over time, the risks of strokes and lung cancer will return to those of a non-smoker.