

Smoking: It's Burning a Hole in Your Pocket

Parent Activity

Overview

Parents will examine how much money they spend on their tobacco habit and identify more satisfying ways to spend that money.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #6 Family Connections to Peers and Community

Extensions/ Adaptations:

If it does not work with the room layout or event to hang papers on the wall, they can be laid on a table.

Supplies

- 3"x3" sticky notes in various colors
- 3 poster boards or large sheets of paper
- Markers - assorted sizes and colors
- Tape
- Tobacco Spending Calculations (appendix A1)

Before You Begin

Prepare the poster boards:

- Using a marker, write "Half Pack a Day" at the top of one poster board, "1 Pack a Day" at the top of another, and "2 Packs a Day" on the last.
- Tape the Half Pack, 1 Pack, and 2 Pack Spending Sheets (appendix) to the posters

Tape the posters next to one another on a wall at eye level. Split sticky note pads into smaller stacks. Lay the stacks around the activity table with the markers.

Steps

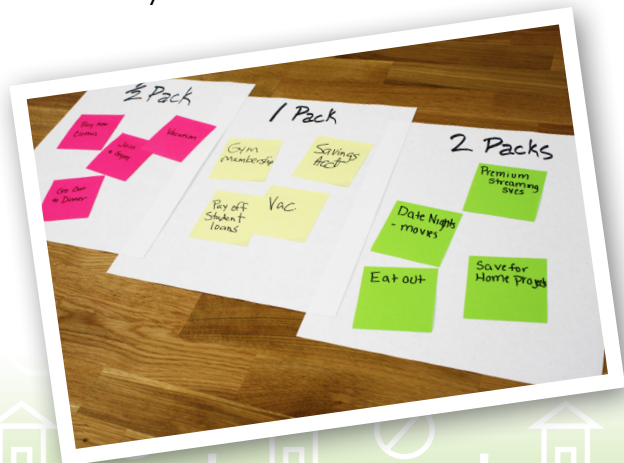
Pre-Activity Discussion: Quitting tobacco is one of the most difficult things you can do. There are many reasons to quit using tobacco, including improving your health and that of your family.

In this activity, we will examine the cost of smoking. The average pack of cigarettes in Indiana costs about \$6. What could you do with an extra \$6 a day, \$42 a week, \$180 a month, \$2,190 a year, or even \$10,950 in five years? How would that money change your life? What would you do with it? If you smoke more expensive cigarettes, or smoke a lot, you'll save even more money.

In addition to saving money from not having to buy cigarettes, you may also save money on health insurance premiums, doctor's appointments, medications, household cleaning, and other personal items.

Activity Instructions

1. Using a marker, have each parent write down one activity or item they would rather spend the money on instead of tobacco (vacation, new car, new clothes, go out to dinner, something for their child, etc). Encourage them to write as many activities or items as they want using a separate sticky note for each.
2. Have parents put their sticky notes on the poster board that most closely matches how much they smoke.



Post-Activity Discussion:

Ask: How would it feel to be able to do or to get those things?

Ask: What if you didn't have to be controlled by your addiction to tobacco? What would be different in your life?

Ask: What's keeping you from making that a reality?

Post-Activity Discussion:

If you are interested in quitting or finding out more about quitting, talk with your doctor about medications and cessation products that can help. Many insurance companies will cover them, so they may be little to no cost. Call **1-800-QUIT-NOW** to get information on how to quit, talk to a quit coach, and get support. Visit everytrycounts.gov or smokefree.gov for great tips to help you successfully quit.

If you smoke
half a pack a day,
you spend about...

\$3.00	→	A day
\$21.00	→	A week
\$90.00	→	A month
\$1,080.00	→	A year
\$5,400.00	→	In 5 years

If you smoke
a pack a day,
you spend about...

\$6.00	→	A day
\$42.00	→	A week
\$180.00	→	A month
\$2,190.00	→	A year
\$10,950.00	→	In 5 years

If you smoke
two packs a day,
you spend about...

\$12.00	→	A day
\$84.00	→	A week
\$360.00	→	A month
\$4,380.00	→	A year
\$21,900.00	→	In 5 years