

CONGRATULATIONS!!!!

Good for you! You quit smoking! You should be pleased that you have taken a very important step to having a healthier life for you and your child!

If you feel an urge to have a cigarette...Keep in mind the urge to smoke usually only lasts 3-5 minutes...

...Use the 4 D's

DEEP breathe

DRINK water

DO something else

DELAY, wait it out

...Eat a healthy snack or chew gum

...Paint your nails or write a letter

...Read "Make Yours a Fresh Start Family... A Magazine for Mothers Who Smoke"

...Call a friend

...Wash your hands or the dishes

...Take a walk or a shower

...Brush your teeth

...Read a magazine

When you go out, go to places where there is no smoking--a park, a movie, choose to sit in the non-smoking section of a restaurant or pick a smoke-free restaurant. Put away the ash-trays and stay away from things that connect you with smoking.

Share your good news. Tell your family and friends that you have quit. Ask them not to smoke around you. Their smoke is not good for you or your child.

Ask your family, friends or those close to you to help you stay quit with their support. Tell them it's their gift of health for your child!

Recommended magazine pages to read: _____

Other advice: _____

What you will do if you crave a cigarette: _____

Clean Air For Healthy Children is administered by the PA Chapter American Academy of Pediatrics
• Website: www.paaap.org • E-Mail: cafhc@paaap.org