



Dear _____,

I have advised _____ to quit smoking to protect her baby and herself. Because you are an important person in her life, you can help her during this difficult time to be a healthy nonsmoker.

She needs your support as she attempts to quit, and after she quits. You can help by providing encouragement and support in the following ways;

- ♣ *when she craves a cigarette, help her through the urge with reassuring words, find an alternative solution, provide a distraction such as a healthy snack or take a walk together*
- ♣ *remind her that getting over cigarettes takes time, that you will be there to help her and express your confidence in her*
- ♣ *talk with her about her baby, and how she is protecting the health of two, comment on positive changes...or just listen if she needs to talk*
- ♣ *as time passes, after her Quit Date, remind her of how well she is doing, be rewarding and complimenting*
- ♣ *plan social outings and activities in nonsmoking places with nonsmoking people*
- ♣ *be understanding and patient...*

If you **smoke**, why not quit together? Even if you choose not to quit you can help protect your family from tobacco smoke by supporting her choice to quit by;

- ♣ *keeping your cigarettes, lighters, ashtrays, etc. out of sight*
- ♣ *choosing to smoke outside*
- ♣ *do not offer her cigarettes*
- ♣ *when family or friends visit, ask them not to smoke*

Thank you for helping her in her fight to gain control over her smoking. She will thank you...and so will baby!

Sincerely,

Dear _____,

I have advised _____ to quit smoking to protect himself/herself and the child(ren). Because you are an important person in his/her life, you can help _____ during this difficult time to be a healthy nonsmoker.

Your support will be needed throughout the quitting process and afterwards. You can help by providing encouragement and support in the following ways;

- ♣ *during a craving you can help by with reassuring words, assisting with finding an alternative solution, provide a distraction such as a healthy snack or take a walk together*
- ♣ *remind him/her that getting over cigarettes takes time, that you will be there to help and express your confidence*
- ♣ *discuss the health of the child(ren) and how this change will not only protect the health himself/herself by quitting, comment on positive changes...or just listen*
- ♣ *as time passes, after the Quit Date, give encouragement of how well he/she is doing, be rewarding and complimenting*
- ♣ *plan social outings and activities in nonsmoking places with nonsmoking people*
- ♣ *be understanding and patient...*

If you smoke, why not quit together? Even if you choose not to quit you can help protect your family from tobacco smoke by supporting her choice to quit by;

- ♣ *keeping your cigarettes, lighters, ashtrays, etc. out of sight*
- ♣ *choosing to smoke outside*
- ♣ *do not offer her cigarettes*
- ♣ *when family or friends visit, ask them not to smoke*

Thank you for helping her in her fight to gain control over her smoking. You significant other will thank you...and so will the child(ren)!

Sincerely,