

Advice for Parental Smokers

ADVISE Parent to Quit Smoking

In order to protect your health and the health of your child, I strongly advise you to make a change in your smoking. Not smoking is one of the best things that you can do to protect your health and the health of your child.

ASSESS Willingness to Quit

Are you interested in receiving help to quit smoking? (see Parent Survey)

YES, interested in receiving help

NO, not interesting in receiving help

ASSIST

I am glad to hear that you are interested in receiving help to quit smoking; you don't have to do it alone.

I would like to refer you to the California Smokers' Helpline so you can receive free telephone support from an experienced smoking cessation counselor.

We will fax the Parent Survey that you completed to the Helpline. You will receive a call from a telephone counselor soon. Here is a prescription with the toll free number in case you want to call yourself. It's **1-800-NO-BUTTS**

ASSIST

Only you can decide when you are ready to quit smoking. Think about why quitting might be important to you (e.g. children at home, disease status, etc). Think about the potential benefits of quitting (e.g. better role model for your children, save money, etc) and what might be stopping you from making a quit attempt.

ARRANGE Follow-up

Discuss progress at subsequent visits.

Have you spoken with a Smokers' Helpline counselor?
 How is it going?

ARRANGE Follow-up

Repeat this motivational intervention at subsequent visits.

Advice for Environmental Tobacco Smoke Exposure

ADVISE the parent to protect his/her child from secondhand smoke exposure

It is important not to let anyone smoke around your child. When children live with smokers they get sick more often and stay sick longer. Family members who smoke can get FREE telephone support from an experienced smoking cessation counselor. Just call **1-800-NO-BUTTS**. A staff member will also give you (ETS) education materials that explain some of the harmful effects of secondhand smoke on children.