

The Perfect Father's Day Gift: Help Dad Quit Smoking

Are you looking for an original, meaningful, and inexpensive Father's Day gift? If your dad smokes, show him your love by supporting him in quitting smoking. Quitting can take many tries and he doesn't have to do it alone!

If your father is thinking about quitting, start by telling him about the Massachusetts Smokers' Helpline. By calling **1-800-QUIT-NOW** (1-800-784-8669), your dad can get free and confidential coaching 24 hours a day, as often as he wants.

Here are some other ways your personal gift of support can inspire your father to quit smoking:

- 1. Let your dad know you'll stand by him for as long as it takes. Even if he has tried to quit before, encourage him to keep trying – a smoker attempts to quit an average of 7 times before quitting for good.**
- 2. Remind him that going cold turkey can work, but is not always the best option. Suggest that he talk to his doctor or the Smokers' Helpline about medications to help him quit smoking. Smokers who get support and use these medicines are nearly 3 times as likely to quit for good!**
- 3. Help your father celebrate the small victories – like the first 24 hours of being smoke-free, the first week, or the first time he makes it through a stressful event without smoking.**
- 4. Bring him little treats like sugar-free gum, mints, and healthy snacks to help keep his hands and mouth busy.**
- 5. Distract him from cravings and help him relieve stress with an activity – take a walk together, send him a reassuring text, or run an errand together.**

Quitting smoking is one of the most difficult things your dad will ever do. It's common for people who are trying to quit to slip up and have a cigarette. If this happens, tell your dad to keep trying and to not get discouraged. Help him think about what he learned from that quit attempt and remind him of all of his good reasons for quitting. Most importantly, let your dad know you're there for him when he's ready to try again, no matter how many times he tries to quit.

To learn more about how you can help someone quit smoking for good, visit KeepTryingMA.org.

Tina Grosowsky, Project Coordinator

Central MA Tobacco Free Community Partnership

The Central Massachusetts Tobacco-Free Community Partnership, a program of the Department of Psychiatry, University of Massachusetts Medical School / UMass Memorial Health Care, supports communities' efforts to lower smoking prevalence and exposure to secondhand smoke. The Partnership enhances state and local tobacco control efforts by exposing tobacco industry tactics, mobilizing the community to support and adopt evidence-based policies, and changing social norms that prevent youth from starting to smoke and help current smokers to quit. These comprehensive efforts reduce death and disability from tobacco use. Funded by the Massachusetts Tobacco Cessation and Prevention Program, the Community Partnership serves as a resource for local coalitions, health and human service agencies, municipalities, and workplaces on tobacco intervention efforts.