

Being a Smoke-free Dad

FACT:



a craving lasts anywhere from 30 seconds to 4 minutes



Are you by yourself?

- X Drink a glass of water
- X Munch on unbuttered popcorn
- X Calculate how much money you are saving
- X Drink a cup of herbal tea
- X Do the dishes
- X Phone one of your supports
- X Solve the Rubik's Cube
- X Fix something

- X Brush your teeth
- X Call Quit Now at 1-877-455-2233
- X Say the alphabet backwards
- X Climb a flight of stairs
- X Count backwards from 100
- X Chew some sugarless gum
- X Take out the trash
- X Slowly peel and eat an orange

Are you with your Child?

- ħ Play a game with your child
- ħ Sing a song together
- ↑ Clean up your child's room
- ↑ Go for a walk together
- ↑ Read a book to your child
- ħ Doodle or draw a picture together
- ↑ Do exercises with your child

