

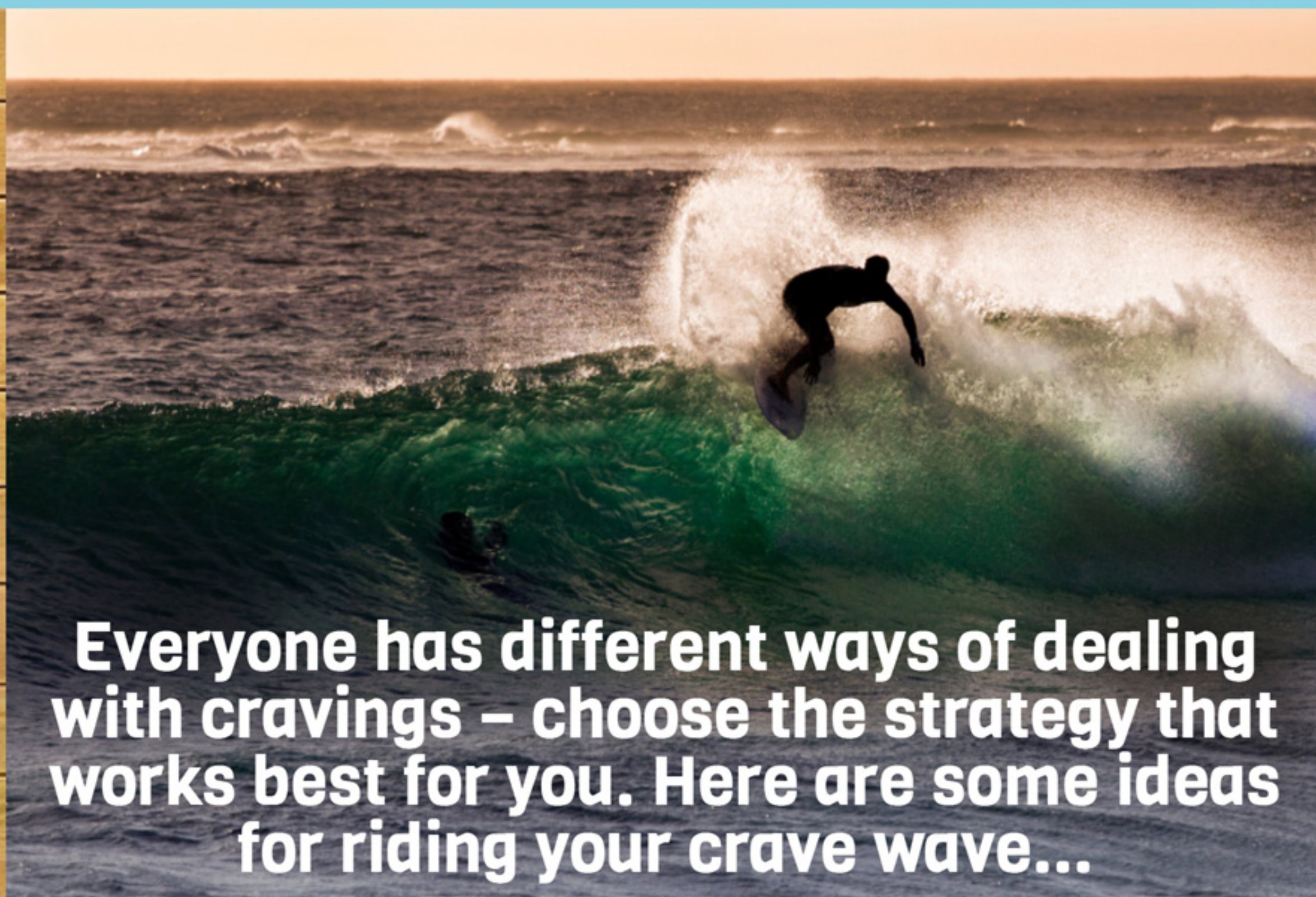


Being a Smoke-free Dad

# FACT:



a craving lasts anywhere  
from 30 seconds to 4  
minutes



**Everyone has different ways of dealing with cravings – choose the strategy that works best for you. Here are some ideas for riding your crave wave...**

## Are you by yourself?

- ✘ Drink a glass of water
- ✘ Munch on unbuttered popcorn
- ✘ Calculate how much money you are saving
- ✘ Drink a cup of herbal tea
- ✘ Do the dishes
- ✘ Phone one of your supports
- ✘ Solve the Rubik's Cube
- ✘ Fix something
- ✘ Brush your teeth
- ✘ Call Quit Now at 1-877-455-2233
- ✘ Say the alphabet backwards
- ✘ Climb a flight of stairs
- ✘ Count backwards from 100
- ✘ Chew some sugarless gum
- ✘ Take out the trash
- ✘ Slowly peel and eat an orange

## Are you with your Child?

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

