

Stage of Change Conversation Suggestions

Precontemplation: 0-3

- I understand that you aren't ready to quit now. It's very hard to quit.
- I know that you want to help your baby to stay healthy. If your baby is around smoke, even if you smoke outside, they're still more likely to get colds, coughs, and ear infections.
- It's ok if you're not ready to quit just yet, but you can start helping your baby by setting up a complete smoking ban so that no one in the house smokes around your child. Also, when someone smokes outside, make sure that they wash their hands and change their clothes before touching your baby.

Contemplation: 5-7

- It sounds like you are seriously considering quitting smoking and I'd like to help.
- An important step is to slowly decrease the number of cigarettes you smoke each day. So if you smoke a pack a day, just cut out one cigarette every other day. Before you know it, you will not be smoking at all or very little each day.
- Also, I'd like to refer you to one of the best resources in Ohio – Quit Line. It is a free telephone service that is set up so that a counselor who is trained to help smokers quit will call you at the set time and day you specify and help you quit. All you need to do is fill out this form with me and they will get in touch with you.

Action: 8-10

- Good for you! You are really ready to take this very important step and quit smoking!
- An important first step is to look at your calendar and pick a quit date within the next 2 weeks.
- Also, I'd like to refer you to one of the best resources in Ohio – Quit Line. It is a free telephone service that is set up so that a counselor who is trained to help smokers quit will call you at the set time and day you specify and help you quit. All you need to do is fill out this form with me and they will get in touch with you. for free nicotine replacement therapy like patches or gum and they will talk to you and give you all the help you need.



Ohio Chapter