

You **don't** have  
to quit alone.



You and your coach  
can create a plan to  
help you quit.

Talk with the quitline or your child's  
doctor about medicine and other  
ways to help you quit.

[www.ceasetobaccoSC.org](http://www.ceasetobaccoSC.org)

For more information  
about quitting smoking,  
call the SC Tobacco Quitline at:

1-800-784-8669  
(1-800-QUIT-NOW)  
[www.ceasetobaccoSC.org](http://www.ceasetobaccoSC.org)

Does your child  
live with anyone  
who uses tobacco?

Your child's doctor or nurse can  
help you quit tobacco and have  
a tobacco-free home and car.

You **can** quit.



# Protect your family by becoming **tobacco-free!**

As a loving parent, you want the best for your children. Quitting tobacco is one of the best things that you can do for your family.

Your child's doctor or nurse can help you quit tobacco for good.



*"Now that my daughter is here, I know I need to quit smoking, but I don't know how."*



*"I knew that smoking could hurt me, but I didn't know how much it could hurt my kids. I have to quit."*

**You are already a star to your children.**

*Follow these steps to be a quitting star:*

**S**et a quit date.

**T**ell loved ones.

**A**nticipate tough spots.

**R**emove tobacco products.



*"I'm going to quit smoking. Until I do quit, I am making our home tobacco-free to protect us from poisons in tobacco."*

**Smoke from burning tobacco hurts children's small lungs.**

Making your home and car completely tobacco-free can help protect your family from the harms of tobacco.



*"I know that our car needs to be safe for our kids. The poisons in tobacco smoke are always there, even after the cigarette is out. That's why our home and car are tobacco-free."*

**BE A TOBACCO-FREE FAMILY**



Talk to your child's doctor or nurse about ways to make your home and car tobacco-free at all times.