Guidelines for Approaching Possible Tobacco Use

Does anyone smoke at home?

Yes

I see you or someone in your home smokes.
Unfortunately, lots of people still do. It can be tough to quit, and harmful for you and your family.

Who/what’s helping?
e.g., family or friend, medication, app, quit plan, quit line, chewing gum, other distractions

Are you or ___ getting help?

How are you dealing with this?
Have you or ___ thought about quitting?
What else could you or ___ try?

If someone must smoke, it should only be outside and away from your child.
It’s best for you and your family to quit smoking.
Would you like (more) help for you or ___?

Yes

No, other reason
No, getting enough help

What kind of help would you or ___ consider?
e.g., family or friend, medication, app, quit plan, quit line, chewing gum, other distractions

What might be the benefit of getting help?
Encourage getting help

What makes it hard for you or ___ to get help?
Suggest barriers, address them

What would make it easier for you or ___ to get help?

Offered help
Gave parent handout
Made referral
in-house or community
F/U

Supported parent’s choice
Reassured
Gave parent handout
F/U
No action needed

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Tobacco Use – Addressing Possible Barriers

Barrier: I don’t think it’s so bad to smoke

Response:

- Lots of people still smoke. It’s tough to quit
- However, it’s harmful for you and your family
- Still, I’d like to help you, and am concerned how this affects you, your child, your family
- Would you consider a program to help you quit smoking?

Barrier: It will get better with time

Response:

- I hear you that you feel that it will get better with time
- While some things get better with time, how long would you want to wait before getting healthier?
- How would you feel about trying a program to quit?
- If not now, please let me know when you feel ready

Barrier: I don’t think it’s affecting my child(ren)

Response:

- I hear you that you don’t think it’s hurting your child
- We’ve learned that kids and other around breathe in the air with the smoke. The nicotine is also on your clothes, rugs
- If you must smoke, it should only be outside and away from your child
- How would you feel about trying to quit?

Barrier: I don’t know where to get help

Response:

- Yes, it’s often hard to know where to get help
- If you’re interested, I’m sure your own doctor or nurse can help. Also, I can recommend resources to help you quit
- We have someone here who can help. Would you like me to connect you with her/him?
- Here’s a handout with useful info on helplines, websites and other resources
Barrier: I’ve tried to quit before

Response:

- I hear you that you’ve tried some things before that didn’t work. That can be discouraging
- I have some other ideas to try. Would it be okay to discuss these?

Barrier: I don't have the time

Response:

- I hear you that there’s not the time to deal with this; you’re busy!
- Still, do you think this may be important – for you, your family, your child?
- Many resources are online or over the phone
- Would you like us to find someone that can work with your schedule?

Barrier: Costs too much

Response:

- I understand you’re concerned about the cost
- Many of the resources may be free
- This is so important. Would you like me find something you can afford?