Stages of Behavior Change Related to Smoking

Regardless of the caregiver’s stage, you want to deliver a consistent message about protecting children from second-hand smoke. In addition to delivering this message, you can offer help and support in quitting smoking.

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<th>Behavior Stage</th>
<th>Characteristics</th>
<th>What to /do</th>
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</table>
| **Pre-contemplation** | • No interest in quitting.  
• Not receptive to information about quitting.  
• Reacts defensively if confronted about smoking.  
• Does not see smoking as a problem. | • Empathize with her situation.  
• Emphasize social, economic, and health **benefits** rather than negative health **risks**.  
• Help caregiver identify reasons she might want to quit in the future. |
| **Contemplation** | • Aware of the consequence of smoking.  
• Thinks about quitting “soon.”  
• Not sure long-term benefits outweigh short-term costs.  
• Starts seeking information about how to quit. | • As part of the ADVISE step of 5As, educate the caregiver on the health effects of smoking.  
• During the ASSIST step, work with her to think of ways to deal with the barriers that keep her from quitting. |
| **Preparation** | • May have made a quit decision in the past.  
• May delay having first cigarette of day or smoke fewer cigarettes.  
• Takes steps to get ready for quitting.  
• Believes negatives of smoking outweigh positives.  
• Needs support to pick a quit date. | • Praise the caregiver for her readiness to quit.  
• Help her set quit goals. (Can be part of ASSIST step of 5As)  
• Ask if she has support from others. (Can be done during ASSIST step)  
• Respond to her specific concerns about dealing with stress, others’ smoking, and weight gain. (Can be done as part of ADVISE and ASSIST steps) |
| **Action** | • Picks a quit date.  
• Develops a quit plan.  
• Wants to talk about how to avoid triggers. | • Offer continued support.  
• Reinforce her decision and the benefits she is gaining. (Done as part of ASSESS step)  
• Support her in setting a quit date. (Done as part of ASSESS step)  
• Help her create a quit plan. (Done as part of ASSIST step)  
• Help caregiver identify triggers and cues (Done as part of ASSIST step) |
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| Maintenance    | • Does not currently smoke.  
• Prepares in advance to avoid temptations to smoke.  
• Learns to anticipate relapse situations and plan coping strategies.  
• Less likely to relapse. | • Provide positive reinforcement.  
• Remind caregiver of the benefits to both her and her baby. (Done in ADVISE step)  
• Discuss challenges and help her find alternate way to cope with stress and challenges. (Done in ASSIST step) |
| Relapse        | • After a period of not smoking, begins smoking again.  
• Needs to know restarting is a normal part of quitting; several quit attempts are common before a smoker fully breaks the habit.  
• Must recognize trigger that led to relapse to get out of this stage. | • Recognize relapse is a part of the quit process. (Done during ADVISE step)  
• Acknowledge the strengths that enabled the caregiver to attempt to quit in the first place.  
• Review the cause of the relapse; develop a plan for addressing the cause. (Done during ASSIST step)  
• Commit to checking back with her. (Done during ARRANGE step) |