



You can choose to connect with a Quit Coach by texting the phone number in your welcome message to get personalized support that will help you stay tobacco free.



You can do this!

Text **QUITFORKIDS** to **53016** to get the encouragement you need to quit smoking or vaping — for yourself and your child.



Quit for Kids is a program of Moms' Quit Connection for Families, with funding through the New Jersey Department of Health.

POWERED BY:  **GOMOHEALTH**

Users will receive text (SMS) messages from the number 53016. Message & data rates may apply according to your carrier rate plan. There are no additional charges. You may unsubscribe at any time by texting **STOP**. For assistance with the program, text **HELP**.

A GUIDE TO THE **QUIT FOR KIDS** TEXTING SUPPORT PROGRAM



WHAT IS THE QUIT FOR KIDS TEXTING SUPPORT PROGRAM?

Quit for Kids educates and supports pregnant women, parents and caregivers of children up to 8 years old who want to live a tobacco-free life.



Text **QUITFORKIDS** to **53016** and fill out a short form to enroll. You'll then receive texts with helpful information and tips on topics like:



Steps to Quit Smoking or Vaping



Emotional Support



Trigger, Craving and Stress Management



Coping with Withdrawal and Preventing Relapse



Healthy Eating



Child's Growth Milestones

ADDITIONAL FEATURES OF THE PROGRAM INCLUDE:

ON-DEMAND MOTIVATION

The program also offers real-time support for common problems many experience during their journey to quit. These in-the-moment responses are delivered when you text these specific keywords to **53016**:

- **TRIGGER** for support when feeling a craving
- **MOOD** for “feel-good” motivational messaging
- **RELAX** for comforting words to help deal with anxiety
- **SONG** for a link to uplifting music
- **SPIRIT** to make you feel stronger

Sometimes the hardest part of quitting smoking or vaping is feeling like you don't have encouragement or advice. With Quit for Kids, you're never alone.

SURVEYS

Occasional surveys help provide us with valuable information. At the end of the program, you will be sent a short survey to share your satisfaction with the program and how helpful it's been to you.

