

## Dorset man QUIT for his baby 13/05/2005

United Kingdom

Proud, Dad, Adam Clay, 25, from Dorset, quit smoking so that his baby could grow up in a smoke-free home.

Adam started smoking when he was 13 and never considered stopping. At work he looked forward to his breaks so that he could smoke.

After the birth of his baby, Adam realised he needed to quit not only for himself but so that his baby could have a smoke free home. He attended a stop smoking group, used Bupropion, and regularly rang Quitline on 0800 00 22 00.

Adam said: "Instead of picking up a cigarette I pick up the phone. Talking to a Quitline Counsellor really helped to motivate myself."



---

Une initiative de l'Union Européenne

