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# Vaping Nicotine

Parents/Guardians, learning that your child is vaping can be stressful. Here are some tools and resources to help you support your child in quitting!

It should be noted that cravings, triggers and withdrawal symptoms can be a significant challenge for your child, and it's beneficial to be aware of what to expect. These symptoms may include headaches, sweating, difficulty sleeping, abdominal cramps, restlessness, digestive issues, a strong desire or craving for nicotine, mood swings, anxiety, low mood, difficulty concentrating, and frustration. Although they may be very uncomfortable as they experience cravings or withdrawal, these symptoms will subside with time and there are interventions to help them navigate these experiences.

## First Steps

1. Talk to your child's pediatrician- they can help access resources & supports.
2. Talk with your child openly, honestly and without judgement.
  - a. Look for opportunities to discuss vaping with your child in a calm and reasonable way- they may need help and support to identify triggers and strategize on ways to reduce or respond to triggering situations.
  - b. Try using open-ended questions to get the conversation going and to help explore alternatives to use.
  - c. When answering their questions, offer honest, accurate, science-based information rather than trying to scare them, and try to have these conversations frequently.
3. Set clear expectations.
4. Educate yourself and your child on vaping risks and explore their personal motivations for quitting.

## Online Resources for Parents

[Vaping 101 - Partnership to End Addiction](#)

[Know the Risks - NYS DOH](#)

[Resources for Teens & Families - CDC](#)

[Parent Corner- Helpful Links](#)

Information Provided by Rensselaer County Mental Health Student Assistance Program

## Quitting Tips for Teens

[Quitting Tips - Stanford Reach Lab](#)

[Quit Vaping - App](#)

[My Quit Buddy - App](#)

[Not For Me - American Lung Association](#)

[NY Smoke Free](#)

[Box breathing for cravings](#)

[SmokeFree Teen](#)

## Phone numbers

Addiction Helpline -  
877-235-0400

Addictions Care Center of Albany-  
(518) 434-8083

Quit line for teens to text -  
Text QUIT to 47848

Want to learn about common hiding spots for vapes or other substances?

Watch the Room of Realities video brought to you by the Student Assistance Program at the links below:

[Room of Realities - RenscoMH](#)

[Room of Realities - YouTube](#)

