Children who grow up with parents who smoke are more likely to become smokers themselves.

You already show your kids how to work hard, how to build things in life. Now it's time to show them the most important thing: how to take care of themselves.

Quit smoking for your children. They will follow your lead.

Call Trestle Tree® at 866-856-4632 to talk to a coach.

Text Message: Do it for your children, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Text Message: Preserve what you’ve built, (name) - Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Message 3: Double Trouble

Text Message: Smoke + Dust = Double Trouble, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Message 4: Grown Up Yet?

Text Message: Grow up, (name) - Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Message 5: Double Trouble

Text Message:
Smoke + Dust = Double Trouble, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Text Message: Do it for your children, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.