

Helping A Parent Who Smokes

You can't escape the message **(0)that** smoking is bad **(1)**_____ you. But what if one or both of your parents smoke? You might be worried **(2)**_____ their health, sick of smelling the smoke, or even a little embarrassed **(3)**_____ it.

You can't order your mom or dad to stop smoking, but you can encourage **(4)**_____ to quit. There are lots of good reasons for them to. Here are some you can mention:

- Smoking will hurt their health.
- Smoking creates secondhand smoke, **(5)**_____ you do not like.
- Smoking will **(6)**_____ it hard for them to keep up with you because they might run **(7)**_____ of breath easily.

If you think it will help, you could print articles like this one to give to your mom or dad. Also, many states have free programs to help people quit smoking. You might see them advertised **(8)**_____ billboards in your town. Point these out to your parents and encourage them to **(9)**_____ out more.

But what if your parent gets angry with you for bringing **(10)**_____ the topic of smoking? People don't like to **(11)**_____ reminded that they are doing something unhealthy, so it's possible your parents will be insulted or angry, especially **(12)**_____ they're worried they won't be **(13)**_____ to quit. Maybe they have tried before and failed.

Remember to be kind and respectful **(14)**_____ you discuss smoking with your mom or dad. Also remember that it is difficult to quit. Some people try several times **(15)**_____ they're able to quit for good. **(16)**_____ of yelling, tell them that you love them and want them to enjoy many healthy years ahead. In time, your mom or dad may realize you are right about smoking.

And if they do agree to stop smoking, be **(17)**_____ biggest supporter. Ask if there's anything you can **(18)**_____ to help them when they feel the urge to smoke. Maybe you could go **(19)**_____ a walk, do a puzzle, or listen to music together. As they reach milestones, such as a month without smoking, be sure to celebrate **(20)**_____ achievement. Way to go, mom! Way to go, dad!

KEY

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|----------|-------------|
| 1. for | 11. be |
| 2. about | 12. if |
| 3. by | 13. able |
| 4. them | 14. when |
| 5. which | 15. before |
| 6. make | 16. instead |
| 7. out | 17. their |
| 8. on | 18. do |
| 9. find | 19. for |
| 10. up | 20. the |

Source:**Platform:** Kids' Health (Nemours)**Direct link to source:** http://kidshealth.org/kid/grow/drugs_alcohol/folks_smoking.html#cat20185**Adapted by:** KSE Academy®

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