

### 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](http://kidshealth.org/kid/grow/drugs_alcohol/folks_smoking.html#cat20185)**Adapted by:** KSE Academy®

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