

Mommy Don't Smoke

Florida resident, Aimee Kurry, had quit several times before but was never able to stay tobacco free. When she found out she was pregnant she quit again, but the stress of being a new mom became too much for her. That stress was a trigger that led her back to smoking.

“When I decided to quit for the baby, I quit for the baby.”

Aimee went back to smoking, but never around her son, Andrew. But researchers say that's not good enough. Parents who smoke are doing harm to their children mostly because of second hand smoke.

Parents should avoid bringing their child into a public place where smoking is allowed and keep others including babysitters and caregivers from smoking around the child.

“It is so important for those parents not to smoke around the child, certainly in the home or in the automobile, in an enclosed space around that child. Ear infections are a common example of a symptom that children get or problems they have from second-hand smoke. There's a greater risk of asthma because of second hand smoke and we also know that the greatest predictor of a child to start smoking is to have smoking parents.”

“The thing to note about tobacco smoke is it's what we call a complex mixture, complex compound, that it's both gaseous and particles. These particles go out into the air and because they are particles and they have weight they land on things. And they can be breathed in by people.”

Although Aimee never smoked around Andrew, she knew she needed to quit for good once her mother developed a smoking related illness.

“I never want Andrew to have to watch me or have to feel what I felt or have been feeling watching my mom battle lung cancer.”

Aimee signed up for Quit Smoking Now, a 6-week tobacco cessation program.

“It's been about 5 months now since I've been smoke free and I feel good. I feel a difference from this time than my previous experiences because I feel that I'm set up mentally to be a non-smoker forever.”