



A FIRST BREATH SUCCESS STORY



By Keisha Rovick



ST. CROIX COUNTY - It has been very difficult for Amanda, 20, of Woodville to cut back smoking. She started out smoking a little less than a pack a day, but through her determination, Amanda cut back significantly. Although she didn't learn about the *First Breath* program until she was 8 months into her pregnancy, Amanda said that she got some useful information from the program.

By the time she had her healthy daughter one month ago, Amanda had cut back to smoking only three cigarettes a day. Chewing gum and keeping busy were her solutions to her cigarette cravings.

"I just knew I had to do it for my baby's health," Amanda said.

Amanda's fiancé has been very supportive of her attempt to significantly cut back the number of cigarettes she smokes everyday. By not smoking around Amanda or now her daughter, Amanda's fiancé has done his part to help the health of Amanda and her baby. In addition, neither Amanda nor her fiancé smoke in their vehicles or inside the house, which helps keep second-hand smoke away from the baby.

Since Amanda's daughter was born, she struggled once again with keeping her cigarette smoking to a minimum. Although Amanda began smoking up to five cigarettes a day, she is adamant about not smoking anymore.

"I just want my daughter to be healthy and happy and I know this is very important," Amanda said.