



A FIRST BREATH SUCCESS STORY



By Keisha Rovick

ST. CROIX COUNTY - Charlene, 36, is due to have her first baby in just a few days. As with any mother, she wants to make sure that her baby has everything going for him or her. After quitting three other times, just to start back up again, Charlene is bound and determined to staying quit this time.

“Shortly after finding out I was pregnant, I just quit. It was easy because I knew I had to do it for my baby, especially since I am going to breastfeed,” said Charlene.

With the support of her fiancé, who has never smoked, Charlene is sticking with her plan and hasn’t had a cigarette since learning she was pregnant. To keep her mouth busy, Charlene has been chewing gum, straws, and toothpicks — anything to keep her mouth busy.

Charlene has also kept herself busy by working on a baby quilt. “My fiancé is always asking me why I never sit down and relax and I just tell him I have to keep busy,” Charlene said.

When she started smoking at 20, Charlene was surrounded by family members and friends who smoked, but now hardly anybody smokes. “On Memorial Day everybody was over at my house and only one person in our family still smokes. Four other people have quit recently, so it’s nice to have that support,” Charlene said.

Charlene has quit before only to start smoking again. But she is sure that this time is different because she is thinking of the health of her baby as well as her own health. “I’m going to try to stay quit and I should be able to because I have already been quit for so long now and I don’t have any cravings.”