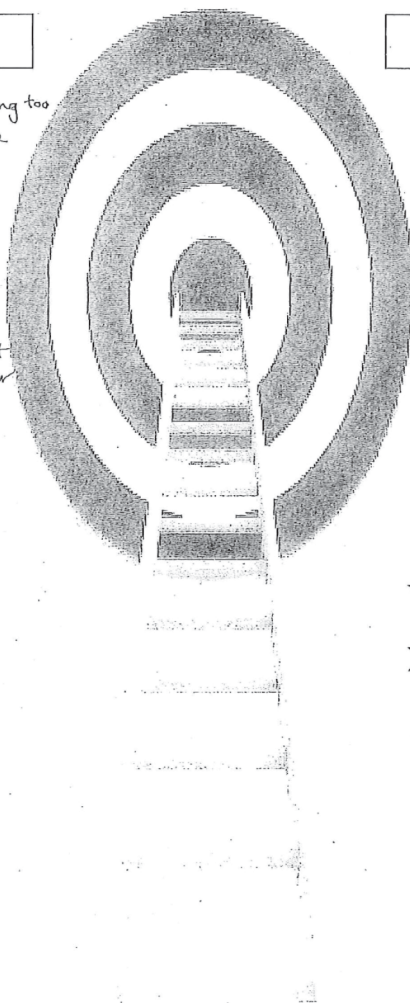


## LIFE

- ★ Partner stops smoking too
- ★ Partner encourages me to Breastfeed, Helps me feel more confident
- ★ Give up smoking and Breastfeed  
gives me praise and congratulates me  
Smoking on a night out
- ★ Smoke free home/car  
Stress



## RUNGS

- Baby Photo
- High Street Vouchers
- Asda Vouchers
- Nappies
- Beauty Treatment
- ★ Health Food
- Holiday, Cash
- ★ Nicotine Replacement therapy
- Partner incentives
- ★ Breast Pump
- Nursing Bra.
- Pharmacist
- midwife
- GP
- ★ listens to me
- Help and Support
- ★ Always seeing the same person
- Face to face appointments
- ★ Non judgemental