

LIFE

Breastfeeding

- Express breast milk
- Gives me praise and congratulates me
- Give up smoking and breastfeeding

Smoking

- Smoke free DV
- Cut down smoking only
- Stress
- Addiction
- Partner stops smoking too
- Smoking on a night out
- Gives me praise and congratulates me
- Give up smoking and breastfeeding

RUNGS

Breastfeeding

- Photo chart
- Baby photo
- Nursing bra
- Breast pump

- Adult support group
- Breastfeeding peer support
- Pure breastfeeding
- Listens to me

Smoking

- Vouchers (high-st)
- Vouchers (Asda)
- ★ Day at Slope/Arboret
- Help and support
- Free to face appointments
- ★ Non-judgement
- Fresh test
- ★ Goal setting
- ★ Always seeing the same person
- ★ Training