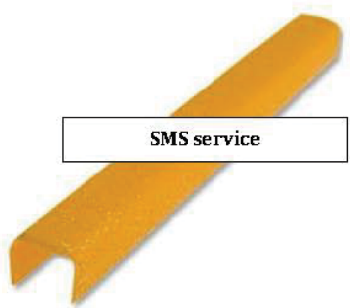
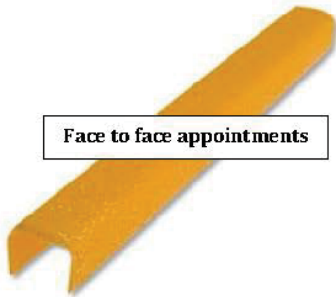


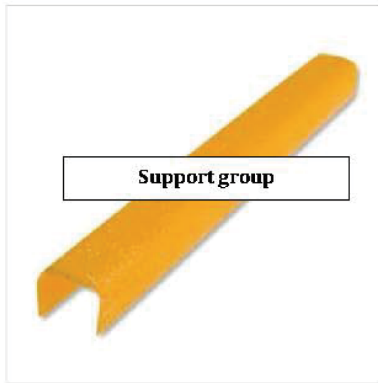
**Telephone helpline**



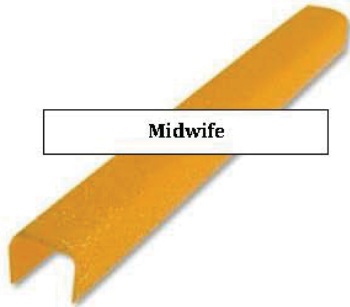
**SMS service**



**Face to face appointments**



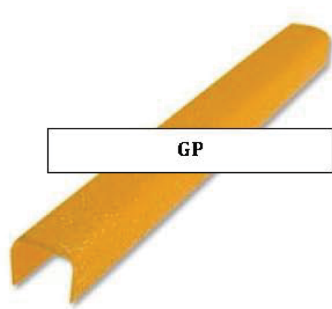
**Support group**



**Midwife**



**Health Visitor**



**GP**



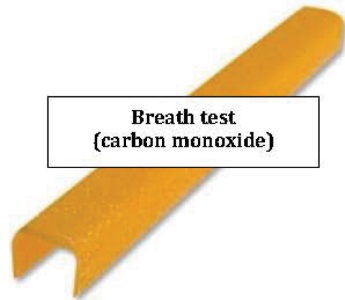
**Pharmacist**



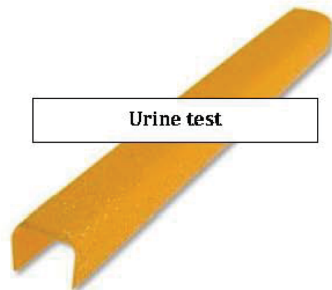
**Smoking cessation service**



**Breastfeeding peer support**



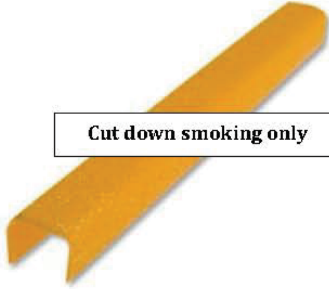
**Breath test  
(carbon monoxide)**



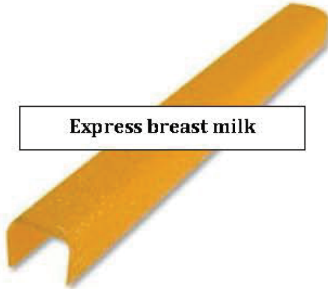
**Urine test**



**Prove breastfeeding**



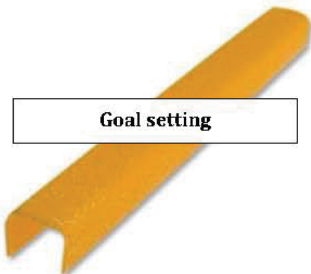
**Cut down smoking only**



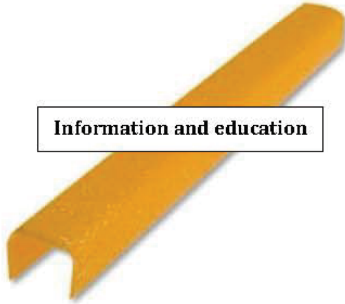
**Express breast milk**



**Give up smoking and  
breastfeed**



**Goal setting**



**Information and education**



**Help and support**



**Community location**




**Home**



**Work**

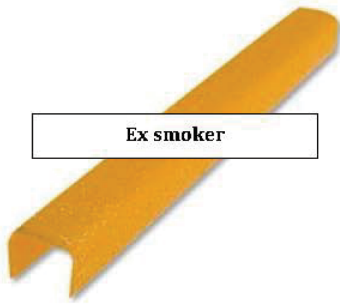


**Timing?**



**Gives me praise and  
congratulates me**





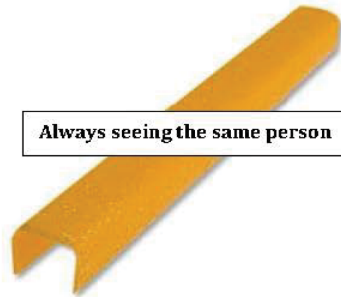
**Ex smoker**



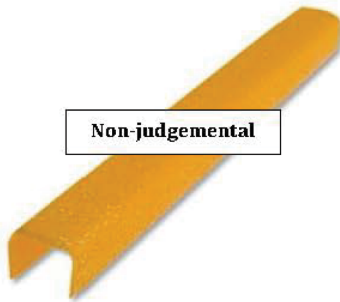
**Had trouble breastfeeding**



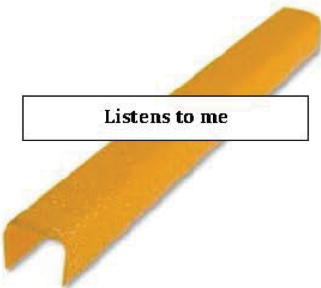
**Helps me feel more confident**



**Always seeing the same person**



**Non-judgemental**



**Listens to me**

