



Other Rungs	
Ex-smoker	
Had trouble breastfeeding	
Partner stops smoking too	
Smoke-free home/car	✓
Partner encourages me to breastfeed	
Friend who breastfeeds visits regularly	
No-one I know breastfeeds	
Smoking on a night out	x
Managing the school run or working and breastfeeding	
Embarrassed in public	
Stress	
I like smoking	✓
I'm too tired	
I don't have time	

ANY OTHERS??

Continuous chest infections

Coughs

Furry tongue

Smell

Health

Never in control of life if smoke