Finding your people

'You and me' means teaming up with people who care

Share this change

The people who care about you and your pēpi can be a support team in this effort to become nicotine-free in pregnancy. They can help a lot and even make the process fun. You do not need to be alone. Think about who you would like to invite and involve from the groups below:

- **Whānau**: partner, parents, grandparents, siblings, aunties, uncles, cousins ...
- **Friends**: from school, work, sports teams, or someone who has quit nicotine before ...
- **Health professionals**: your midwife, GP, other health workers or Quitline (0800 778 778)

Take the lead

You know best what good support feels like so tell people what you need, and what you don't.

- What may help: nicotine-free walks, texts, company, being asked how it's going, someone who becomes nicotine free with you.
- What probably won't: nagging, judging, smoking around you, someone trying to fix things or telling you what you should do.

Good support probably feels more like this:

- You feel listened to and understood, not judged.
- Small steps get noticed and celebrated, not ignored.
- You feel encouraged, not blamed.
- You can go at your pace, make progress and not feel pressured.

The right support leaves you feeling stronger, not smaller. If someone makes this harder, talk with your midwife or a trusted someone in your support team.

Find a touchstone

A touchstone is something small but meaningful that you can carry with you — something that links you to a person who believes in you, or a decision you have made. It is something you can touch, think of, sing or say to give you a boost of strength in a difficult moment. It might be a shell or stone with special memories that you carry in your pocket, a ring or bracelet to twist and twirl and remember the person who gave it to you, a treasured necklace to rub, a photo, saying or a song.



For Tania, her touchstone became a little smiley face that her friend drew on a Band-Aid and stuck on her arm. *"I started to think the smiley face was my friend not the nicotine. When I felt a craving I'd rub my arm, rub my smiley face. I knew it was there — my 'little friend' helping me stay strong."*

Your pēpi

Pēpi can be your touchstone, too. A hand on your tummy and a few slow breaths — 'you and me' supporting each other.

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