Practicing first

There is no failure in practice

How it helps

Practice is how we learn. Every nicotine-free moment matters for you and pēpi. These moments build. They give your body and your pēpi a break from nicotine. Practice helps you find more of these moments — until, practice by practice, being nicotine-free becomes your new normal.

Practice isn't waiting to change. Practice is change.

Try nicotine-free time

Choose a time that works for you and practise. For example, try

- staying nicotine-free a little longer after waking e.g. shower first
- adding nicotine-free chunks of time into mornings and afternoons
- a whole morning, afternoon or evening nicotine-free and see how far you get

Notice what feels good. Notice what works. Then try again.

Try a nicotine-free habit

Choose something you often do and enjoy and try it nicotine-free. For example,



- your morning drink
- being with a certain person
- your favourite programme or podcast

Notice what feels good. Notice what works. Then try it again.

Try a nicotine-free day

Choose a day to practice being nicotine-free all day.

- set yourself up for success – lean on your nicotine-free people and habits
- make it as easy as possible by choosing a day with few known difficulties
- think of yourself as nicotine-free during the practice

Notice what feels good. Notice what works. Then try again.

Keep going

A nicotine-free pregnancy is the goal. As soon as possible is best for you and pēpi. Practice helps you get there.

- Decide what to practice.
- Notice what feels good.
- Notice what works.
- Then try again.

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