Talk with your health team

How to ask for what you need

Finding your words

Everyone is different. Becoming nicotine-free in pregnancy is not a one-size-fits-all process. Your health team can be much more useful when they know **how you feel** about nicotine and pregnancy, and **what you think** would help. This guide suggests some ways to put that into words.

Read the Nicotine guide first

It gives you and your health team the **same starting point** for understanding nicotine and pregnancy. That means your time together can focus on you — and growing protection for you and your pēpi. Open the guide here.

Which sounds most like you?

A. "I know it's important, but I don't think I can do it."

You feel it is too hard. **Think stepping stones.** What you might need is:

- someone to listen, not lecture you
- someone to understand why it feels impossible
- help with an easy first step that gets you started

B. "Part of me wants to be free of it, and part of me still needs nicotine."

You feel torn. **Think river — crossing from one side to the other.** What you might need is:

- discussion about what you see as good and not-so-good about nicotine
- discussion about what you see as good and not-so-good about being nicotine-free
- help to weigh things up and build on the changes you have already made

C. "I feel ready, but I worry I won't be able to stay nicotine-free."

You feel ready. **Think freedom.** You might need:

- help when old habits and stressful times try to pull you back.
- help to make a 'wobble' plan that keeps you on track after a slip
- someone to keep asking how you're going, well after you've stopped

'You and me' guides

Wherever you are in the process, these topic guides give you and your health team something to work with. **You** bring what you know about yourself. **Your health team** brings support and ideas. Together, use the **guides** to find what might help. Find the guides under **Where do I start?** and **What might help?** https://www.changeforourchildren.nz/you-and-me

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