



MAKING EVERY CONTACT COUNT (MECC)

Kelsey is 24 and pregnant with her first baby, due in 5 months, she lives with her partner and they both smoke. He works as a kitchen fitter and Kelsey is a hairdresser. They don't have much money but are very excited about the baby. Kelsey's Mum smokes but not her Dad. She is starting to find work a bit uncomfortable with all the standing. Her midwife has mentioned that stopping smoking is really important for her baby but she doesn't feel she can quit by herself and has only quit once in the past. She knows she ought to quit but doesn't know of any support or even how to quit without going cold turkey which she did once when she was about 20, that lasted about 1 week and "that wasn't much fun", she says.