

Appendix 3: Personalised smoke-free home 'if/then' plan

XXX's [insert name here] smoke-free home action plan SECTION 1: My general goal is to create a smoke-free home My specific goal a. What am I going to do? b. How am I going to do it? c. With whom am I going to do it? SECTION 2: How will I know how I'm doing? It is important to measure and record your progress, as it motivates you when you are succeeding, and helps you work out what you can change if your plan isn't working. d. How will I record my progress? e. When will I record my progress? We will chat about how you get on at our next meeting on [insert date/time here] Parent signature Date

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Difficult situations

- f. Are there any situations that you can think of that could make it especially difficult for you to create or maintain your smoke-free home? A time or a place or a feeling that might tempt you to go back to your old behaviour? For example: 'on a Saturday night when my friends are over, we just want to smoke indoors'. What are your difficult situations:

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Now make some **plans** for how to avoid these situations or make them more manageable. For each difficult situation, think of something you could do that would lower the chance of it interfering with your planned behaviour. For example, 'on a Saturday night when my friends are over, if they want to smoke in the kitchen, I'll remind myself that most people smoke outdoors now, rather than in the home. I'm putting my child's health first by asking them to smoke outside when they are here.' Fill in the table below with your difficult situations, and for each one, make an 'if-then' plan for coping with it.

Difficult situations

If...

How I will avoid or cope with them

Then...

g.	
h.	
i.	
j.	
k.	
l.	

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