



We need you!

Join our
research

Are you pregnant?

Have you given up smoking during pregnancy,
or within the 12 months before pregnancy?

Are you currently not smoking?

Are you at least 16 years old?

If so, you could help us test a **free** package of support
to help women stay smoke free after birth of their baby.

You would receive either: **Usual Care**, or

The BabyBreathe™ Package:

- **Free** access to a supportive website and app
- Support messages by text and/or via our app
- A BabyBreathe™ Box containing smoke free support, sent by post
- Additional support from a trained health visitor, member of the health visiting team, or researcher (as part of your usual care visits where possible)

To thank you for returning information to us at the end of the study (12 months after birth of your baby), we will offer, **£15 shopping vouchers**. You will also be able to keep the study resources sent to you.

For more information, or to take part please email the BabyBreathe™ team.

uea.ac.uk/babybreathe



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