**Why this Booklet?**

This booklet helps pregnant and postpartum women understand how their efforts to reduce and stop smoking are influenced by interactions with their partners, and everyday household routines related to smoking.

**What does the research say?**

- Couples develop habits and routines that include smoking (when one or both smoke).
- There are three types of Tobacco Related Interaction Patterns (TRIPs): accommodating, disengaged, and conflictual that influence smoking patterns.
- Smoking is often an important part of relationships – reducing and stopping smoking can change relationships.
- During pregnancy, the potential for conflict related to tobacco use can escalate for some couples.

**What’s different about this booklet?**

- Focuses on smoking in the context of women’s lives and their relationships.
- Illuminates women’s experiences in reducing or stopping smoking during pregnancy and the postpartum period, and the influence of their partners.
- Uses a women-centred approach that is nonjudgmental and respects the many different experiences among women.
- Provides suggestions about how to manage tensions related to tobacco use and obtain appropriate support.

**What Can I Do?**

- I can encourage the use of this booklet as a supplement to other tobacco reduction resources.
- I can reinforce the messages in the booklet by providing guidance on creating a supportive environment for tobacco reduction (e.g., suggest alternatives for relationship functions served by smoking).
- I can find out if women are experiencing pressure or coercion regarding their tobacco reduction and cessation efforts, and what support they would like.
- I can assess for partner smoking status, and intervene directly with partners who smoke to provide advice about smoking cessation and information about resources.

**Interested in Reading More?**

Current research publications and other information about tobacco reduction and cessation are available at [www.facet.ubc.ca](http://www.facet.ubc.ca).