

Propositions accompanying the doctoral thesis

Protecting children against tobacco smoke and alcohol exposure from the start

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1. If alcohol abstinence is only advised to pregnant women who report recent alcohol consumption, a large group in need of this advice does not receive it. *This thesis*
2. Provision of incentives to motivate smoking cessation during pregnancy can be morally inadmissible if not used appropriately. *This thesis*
3. Women who smoke before and during pregnancy need support for smoking cessation personalised to their needs. *This thesis*
4. Children visiting the children's hospital are very supportive of a smoke-free hospital policy and feel that healthcare providers have an important exemplary role to not smoke. *This thesis*
5. Voluntary outdoor smoke-free zones can help reduce the number of smokers inside the zone but also in the wider area. *This thesis*
6. An addict is someone who uses their body to tell society that something is wrong. *Stella Adler*
7. Biochemical validation of smoking status at antenatal visits and opt-out referral for smoking cessation support should be part of standard obstetric care.
8. Regarding support for smoking cessation during pregnancy, the focus should move away from developing new interventions towards enhancing, combining, and implementing existing interventions.
9. Governments and institutions should collaborate and share responsibility in the development and enforcement of smoke-free zones.
10. As healthcare providers we should not stand *opposite* of our patient, but *next* to our patient.
11. Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness. *Oprah Winfrey*