Introduce self

Assess current smoking behaviour*

Ask: "May I ask you what you already know about passive smoke exposure in children?"

Assess knowledge regarding passive smoke exposure in children

Ask: "Can I give you (more) information?"

Assess motivation and self-efficacy with ruler

Ask: "What would it take for you to choose a higher number?"

Ask: "To what extend are you willing to do something about passive smoke exposure to your child?"

Assess readiness to change

Ask: "Why did you not choose a lower number?"

Ready:
1. Discuss measures that can be taken
2. Encourage parent to set goals
3. Discuss possible barriers and solutions
4. Make a ‘quit plan

Not ready:
1. Discuss ambivalence

Summarize session

Figure 2. Schematic presentation of session 1.
* The assessment of current smoking behaviour is done during every session.