



Breastfeeding . . . and smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

Breastfeeding, Smoking, and Your Baby

- ▼ When you smoke, traces of the nicotine you breathe go into your breast milk.
- ▼ This nicotine goes into your baby's system and can cause colic, vomiting, diarrhea and fast heartbeats. Smoking also may lessen your supply of breast milk, affecting your baby's growth.
- ▼ The smoke from tobacco raises your baby's chances of illnesses such as ear infections, bronchitis and other health risks such as SIDS (Sudden Infant Death Syndrome.)

Benefits of Breastfeeding

- ▼ Breastfeeding protects your child from the very illnesses that children of smokers are at risk for, such as respiratory illness.
- ▼ Breastfeeding aids in the growth of your baby's immune system and lungs, which helps to protect your child from illness.
- ▼ Even if you continue to smoke, the milk your child receives from breastfeeding has many beneficial qualities that formula can not provide.

Advice To Breastfeeding Mothers Who Smoke

- ▼ The best thing you can do for your health and your baby's is to stop smoking.
- ▼ If you are not ready to stop smoking now, try to cut down as much as possible. Wait to smoke until after you have breastfed. The nicotine in your milk is highest right after you smoke and lowest right before you have your next cigarette.
- ▼ Don't smoke around your baby, and keep your baby away from smoke in enclosed spaces. If you have to smoke, always smoke outside. Never smoke while you are actually breastfeeding your baby.