

Be Healthy, Be Smoke free.
It is never too late to
quit, the earlier you do,
the healthier your baby
and you will be!

Pregnancy or motherhood is often a good reason for a woman to cut down or quit completely. If a mother smokes cigarettes, her baby can still enjoy the benefits of breastfeeding. But the more cigarettes a mother smokes, the greater the health risks for both her and her baby.



Fathers also need to share in the job of creating or keeping a smoke-free environment for their children.

References and More Information

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"How Smoking Harms the Unborn Baby,"
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Are you Pregnant and still smoking?
Do you have a baby or young
child?

It's OK to ask for help!

We Know it's hard to quit smoking.
Evidence shows that getting professional help
can increase your chances of stopping for good.
The following resources can help when you are
ready to quit.



- Tuolumne County Tobacco Prevention & Education Program. Free Group Classes and Quit Kits. (209) 533-7464
- California Smokers' Helpline. Free Telephone Counseling. 1-800-NO-BUTTS
- www.Quitnet.com
Online support to help you quit smoking
- www.smokefree.gov
- Talk to your Health Care Provider at your next visit about quitting tobacco

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Tuolumne County Health
Department WIC Program
2011 Cedar Road North
Sonora, CA 95370

Phone: 209-533-7431
Fax: 209-533-7453

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Smoking While
Pregnant or
Breastfeeding:

Keep Your
Baby's Air
Clean!



Healthy Ideas for
your family.

Share the breathing space.

What are the effects of smoking while I'm Pregnant?

It increases the risk of the following:

- Miscarriage
- Stillbirth
- Ectopic pregnancy (pregnancy outside the uterus)
- Preterm delivery
- Placental problems, low-birth weight, and small organs in the baby
- Birth defects such as cleft lip or palate
- Breathing difficulties in newborns
- 2-5 times increased risk of Sudden Infant Death Syndrome (SIDS) once the baby is born
- Possible behavioral problems or learning difficulties later in life



What happens when babies are exposed to cigarette smoke?

It increases the risk of the following:

- Respiratory infections (like pneumonia) with 2-3 times more doctor visits than babies of non-smoking parents
- Respiratory illness
- Respiratory allergies
- Asthma
- Ear infections
- Colic and fussiness
- SIDS risk is increased 1.5—3.5 times
- Children more likely to become smokers
- The more smoke, the more risk, especially over 20 cigarettes a day



Should a mom who smokes breastfeed?

ABSOLUTELY! It is always better to breastfeed and smoke than to formula feed and smoke.

Breastfeeding provides many benefits to you and your baby.

- Mother's milk helps newborns to avoid diseases in a variety of ways. This is extremely important during the first few months of life, when an infant often cannot fight as well against infections & diseases.
- Breastfeeding helps protect against the harmful effects of smoking by lowering the babies risk of respiratory infections and significantly lowering the risk of SIDS.
- Breastfeeding provides your baby with additional protection from diarrhea, obesity, diabetes, and more.
- Breastfeeding is free, convenient, and helps lower a mom's risk of breast and ovarian cancer, obesity, and diabetes.
- This information is intended to help answer questions, not to take the place of medical advice.



How to minimize the risk to your baby if

- If you can't stop smoking completely, cut down. The less you smoke, the fewer risk to your baby.
- Don't smoke before or during breastfeeding. Smoke right after feeding to cut down on the amount of nicotine in your milk.
- Smoke outside, away from your baby. Wear a smoking jacket that you can remove. Don't let anyone smoke near your baby.
- After smoking: wash your hands, change your shirt, brush your teeth &/or chew gum.
- Smoking with children in the car is against the law. Opening a window will not reduce the harmful effects of second hand smoke.



Quitting Aids

- Mothers who use nicotine gum should breastfeed first before chewing the gum.
- A nicotine inhaler produces nicotine levels too low to affect a breastfeeding infant.
- Using the nicotine patch is a safer option than continued smoking. The risk of using nicotine patches while breastfeeding is much less than the risk of formula feeding. You may remove the patch at bedtime for lower levels at night.

Caution: Using the patch & continuing smoking is harmful