BREASTFEEDING AND TOBACCO

RESEARCH
- Infants of smokers are at increased risk of respiratory illness, sleep disturbance, colic, slow growth and SUDI (unexpected death).
- Smoking can slow the milk supply.
- Passive smoking also increases the risk of SUDI and other illnesses.
- Smoking has been shown to negatively impact milk supply.

SHOULD YOU STOP BREASTFEEDING
- NO!!
- The benefits of breastfeeding are particularly important for babies exposed to cigarette smoke.
- It is preferable to become smokefree, and to continue breastfeeding.
- Seek breastfeeding support in your community.

RECOMMENDATIONS
- Seek support to become smokefree - available for all smokers around pēpi.
- Smoke as far away from baby as possible.
- Smoke immediately after breastfeeding for minimal impact.

ALSO
- Wear a jacket when you smoke/vape and remove it prior to handling pēpi.
- Wash hands after smoking/vaping and before handling pēpi.
- The full impact of vaping is unknown, but it may be harmful.

SMOKING IS NOT GREAT FOR BREASTFEEDING. HOWEVER, CONTINUING TO BREASTFEED AS SAFELY AS POSSIBLE WHILST ADDRESSING TOBACCO USE IN YOUR WHĀNAU IS THE SAFEST OPTION.