

# 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**