Breastfeeding & Smoking

If you are still struggling to quit smoking, breastfeeding can be challenging, but it is do-able! Most experts agree that even if you smoke, the benefits of breast milk can outweigh the risks associated with nicotine in your breast milk. It’s best to discuss your decision with your doctor.

**Benefits of Breastfeeding:**

- Healthier, happier BABY!
  - Baby is less fussy
  - Lower risk of SIDS
  - Lower risk for asthma and other respiratory issues
  - Fewer ear infections
  - Fewer digestive problems
  - Fewer allergies, eczema and skin problems

- Healthier, happier Y O U!
  - Stress release
  - Breaks during the day
  - Lowers risk of certain cancers
  - Easier weight loss
  - Saves money (estimates between $1,000-1,500 per year)
Special Considerations for Breastfeeding Moms Who Smoke:

- Never smoke or allow others to smoke around your baby.

- If you smoke outside, wash your hands and change your clothes before you hold your baby. Smoking leaves chemicals behind on your skin, hair, and clothes. These can be harmful to your baby.

- Smoking can cause your milk production to be low. Exclusive breastfeeding is best way to combat this.

- If you are breastfeeding, you have important dietary needs. Most breastfeeding moms need an extra 400 - 500 calories a day. Make these extra calories count - choose healthy foods, and drink lots of water!

- The best benefit of breastfeeding? Special bonding time with your baby!

FIRST BREATH