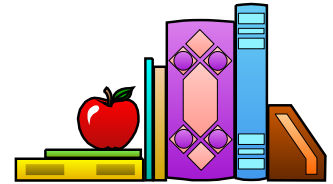


Smoking and Babies



- Nicotine has been reported to be one of the most addictive drugs.
- Mothers who smoke while they are pregnant will have a baby who is born addicted to nicotine.
- Mothers who stop smoking or reduce the number of cigarettes they smoke while they are pregnant are less likely to resume after the birth of their baby.
- Nicotine from cigarettes is rapidly absorbed from the mother's lungs, into her blood and then into her breastmilk.
- Babies and children absorb nicotine, tar and carbon monoxide from the air when people around them smoke. This is called passive smoking or second hand smoking.
- The levels of nicotine in the baby's blood stream are greater from passive smoking though than from the nicotine found in breastmilk.
- Mothers who breastfed and smoke can have problems with their milk supply. Nicotine constricts the blood vessels in your body, therefore there will be less blood going to your breasts to make your breastmilk.
- Colic is more common in babies when their mothers smoke. Since nicotine flavors breastmilk some babies may fuss or refuse the breast if the mother has just smoked a cigarette. Vomiting, diarrhea, restlessness and increased heart rate are also more common in babies whose mother smokes.
- The 4000 different toxins found in cigarette smoke cling to people's clothing, hair and skin. They also are found on furniture, carpeting, beds and bed covers, playpens, highchairs and strollers and car upholstery.
- Babies whose mothers smoke and who are bottle fed are more likely to die from SIDS than if they are breastfed.
- Babies who are in an environment where people smoke are more likely to have ear infections, wheezing, colds, pneumonia, other serious infections and to die from SIDS.
- Try to reduce the number of cigarettes you smoke each day and change to a lower nicotine brand.
- If you need a cigarette, it is best to smoke immediately after breastfeeding.
- Don't allow any smoking in an enclosed area where the baby or child may be, such as, inside the house or car.
- Don't take your baby into smoky environments and don't let people smoke around your baby.
- Cover your hair with a scarf and clothing with a coat or big long sleeved shirt while smoking outside to prevent toxins from getting on your clothes and hair and transferring them to your baby. Leave these garments outside.
- Wash your hands and face after smoking to remove the toxins from them before holding or touching your baby.
- If you smoke, don't sleep with your baby as it can increase the risk of SIDS

Clearly, it is not ideal to smoke and breastfeed, but it is worse to smoke and not breastfeed (Minchin, 1991)

