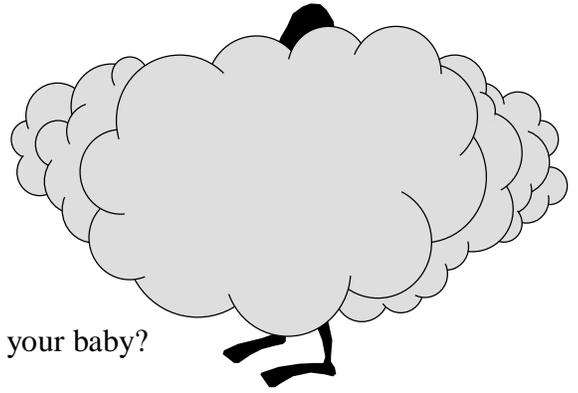


What if I smoke?



It would be good for you to quit. You may want to quit.
But if you cannot quit smoking, will it be harmful to nurse your baby?

Here are the facts:

Smoke is not good for babies whether you nurse or give formula.

That's why you and everyone else in the house should always smoke outside. Smoke spreads so don't smoke anywhere inside, even in another room. Make your car and child care place smoke-free. Smoke increases the risk of asthma, infections and SIDS.

The good news is:

Mom's milk helps protect your baby against these risks!

You can smoke, but less is best.

Cut down as much as you can - 10 or less (1/2 pack) per day is preferred. Smoke right after you nurse, not before.

Think about quitting:

Nursing may help motivate you to quit. You might find it easier than you think!
Ask your health provider about nicotine replacement aids. You can continue to nurse and take them.

Call the Quit line, 1-800-QUIT-NOW or go to www.determinetoquit.com for more information.

Better to Smoke and Breastfeed than Smoke and Formula Feed!



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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