



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 sure your car and child care place are smoke-free. Smoke increases the risk of asthma, infections and infant death.

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. If you haven't been able to quit for you—do it for your baby. You might find it easier than you think! Ask your health care provider about nicotine replacement aids. You can continue to nurse and take them.

- ★ Call the Quit Line, 1-866-409-1858 or go to www.quitsupport.com for more information.

It's better to smoke and breastfeed

than to smoke and formula feed!

You're up to 7x more likely to quit with help.

DELAWARE QUITLINE | **1-866-409-1858**
(Toll-Free)

Free services from
DELAWARE HEALTH AND SOCIAL SERVICES
Tobacco Cessation
Tobacco Prevention and Control Program