FÉDÉRATION Nourri-Source

BREASTFEEDING AND SMOKING/VAPING

Continue to breastfeed

- **The benefits of breastfeeding still outweigh the negative effects of smoking/vaping**
- **Nicotine has a cumulative effect in the baby, we can find 3 times more in the baby's blood that in the mother**
- **Breast milk protects babies from the harmful effects of second-hand smoke (which are more serious than those of nicotine)**

Find out more at your CLSC or visit iquitnow.ca

Visit the Health Canada website: valuable-tips-successful-breastfeeding-eng.pdf (canada.ca)

Lower your risks

- **Decrease the number of cigarettes/vaping per day**
- **Decrease the level of nicotine by learning more about nicotine patches**
- **Do not smoke/vape next to or in an enclosed area with baby, air out the rooms**
- **Protect your hair, change your clothes and wash your hands/face**
- **Smoke/vape after breastfeeding and wait 1h30 before breastfeeding again**

2024

www.nourri-source.org

REFERENCES : LE PETIT NOURRI-SOURCE SANTÉ CANADA

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