

Tobacco Use While Breastfeeding

The following information is taken from the Academy on Breastfeeding Medicine's Protocol #21: ***Guidelines for Breastfeeding and Substance Use or Substance Use Disorder***, Revised 2015.

Many mothers quit smoking tobacco during pregnancy, but **as many as 50% of mothers will resume smoking in the first few months after their baby is born.** Nicotine and other compounds found in cigarettes are known to transfer to an infant via breast milk, and a considerable transfer of chemicals via second-hand smoke also occurs when infants are exposed to environmental tobacco smoke.

An increase in the incidence of both infant respiratory allergy and SIDS (Sudden Infant Death Syndrome) are two significant well-known risks of infant exposure to environmental (second-hand) tobacco smoke.

Most experts encourage a mother to breastfeed, even if she smokes tobacco, while they also vigorously encourage mothers who smoke to stop, or at least reduce the number of cigarettes they smoke. According to the **Centers for Disease Control:** *Mothers who smoke are encouraged to quit, however, breast milk remains the recommended food for a baby even if a mother smokes.* The **American Academy of Pediatrics** recognizes pregnancy and lactation as two ideal times to promote smoking cessation but does not indicate that mothers who smoke should not breastfeed. Although nicotine may be present in the milk of a mother who smokes, there are no reports of adverse effects on an infant due to breastfeeding. There is some research that associates tobacco use with less milk production.

Secondary smoke is a separate concern regarding a child's long-term health. If you, your partner or family members, or your friends smoke, please do not allow anyone to smoke in your home. Do not allow your baby to sleep with anyone who smokes. Your baby may also be exposed to second-hand smoke from the clothing of anyone who smokes.

Some treatments that help people stop smoking (the nicotine patch, nicotine gum, and possibly bupropion) are compatible with breastfeeding and can be encouraged in many circumstances to help a mother stop smoking.

For additional information:

<http://www.bfmed.org/Media/Files/Protocols/Guidelines%20for%20Breastfeeding%20and%20Substance%20Use%20or%20Use%20Disorder.pdf>

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