

# Protect Breastfeeding - Don't Smoke

Experts are concerned about the nicotine present in the breast milk of smoking mothers transferred via breast milk to the Baby.

Here are some of the risks:



1

Increased risk of cot death



2

Slowed infant growth



3

Excessive Crying



4

Excessive vomiting of feeds

Increased incidence of restlessness

5



6

Increased incidence of asthma



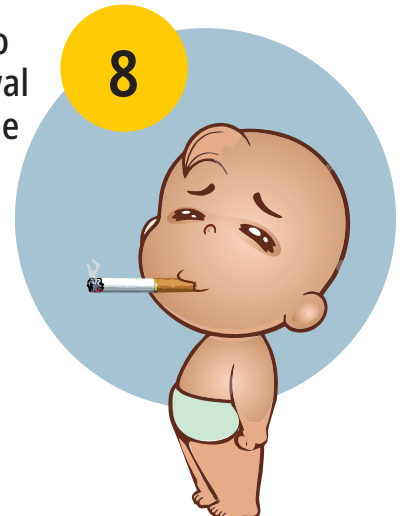
7

Increased incidence of irritability



8

Tobacco withdrawal syndrome



**ALCOHOL & DRUG**  
CONCERNS

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When you smoke **so does your baby!**