



IABLE
Institute for the Advancement
of Breastfeeding &
Lactation Education



Smoking and Breastfeeding

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Problems with Smoking During Lactation

- Babies who are exposed to maternal smoking are at higher risk for colic.
- Any cigarette smoke around a baby increases the baby's risk of sudden infant death syndrome (SIDS).
- Cigarette smoking reduces mother's milk supply.
- Cigarette smoking decreases the fat in mother's milk, which can have a negative impact on the baby's weight gain.

Nicotine Replacements

- Mothers who smoke and breastfeed should be encouraged to switch to nicotine replacement such as the patch, in the lowest dose possible.
- Nicotine replacements might increase the risk of sudden infant death syndrome in babies.

It is ideal that mothers who smoke and breastfeeding continue to breastfeed, but stop smoking and try a non-nicotine replacement to help stay quit from cigarettes.