

Substances can cause harm to the baby:



Smoking during pregnancy
and breastfeeding = harms the baby's health

Smoking around the baby
or in the amautik = fussy baby,
nauseated, vomiting, abdominal
cramps and diarrhea

If you can't quit smoking,
then you should breastfeed first
and smoke right after
breastfeeding so most of the
nicotine leaves your system
before the next feeding session

Stay away from Alcohol...
any amount of alcohol
can increase risk
of miscarriage, premature
delivery, still birth and
giving birth to a baby
with Fetal Alcohol
Spectrum Disorder (FASD)

