

21.6cm

SUDDEN INFANT DEATH SYNDROME (SIDS)

Smoking while pregnant, being exposed to second hand smoke and smoking in or around a baby's environment after birth has been linked to an increased risk of SIDS.

SMOKING AND BREASTMILK

Quitting is the safest way to reduce exposure to your baby to Nicotine. If you still want to breastfeed but are having trouble quitting see your GP, Aboriginal Health Practitioner, Midwife or Tobacco Action Worker.

You can also:

- Change your clothes after a smoke
- Smoke after a feed - Nicotine levels drops by about 1/2 an hour and a half after the cigarette.

Remember breastfeeding provides much protection and health to your baby and helps you bond.

ITS NEVER TOO LATE TO QUIT



Pangula Mannamurna
Aboriginal Corporation
ICN 8331
Our Health in Our Hands

**TACKLING
INDIGENOUS
SMOKING**
and



**Smoke-free
for baby
and me**

Quitline 137848

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30.3cm