



There is
**No Safe Level
of Substance Use**
for your baby.

Substance Free for Healthy Breastfeeding and Baby

Substances that you put in your body are passed to your baby when you are pregnant or breastfeeding. Some substances can be more concentrated in breast milk than in your blood. It is important to be healthy and stay away from substances that can cause your baby harm. This will help your baby be born at a healthier weight and be healthier after birth.

Being Tobacco Free will help your baby:

- Have less risk of asthma
- Have fewer coughs, colds and ear infections
- Have less risk of sudden infant death syndrome (SIDS)

Being Marijuana Free will help your baby:

- Have less risk of abnormal mental and physical development
- Have fewer problems breastfeeding

Being Alcohol Free will help your baby:

- Have less chance of birth defects and learning difficulties
- Feed better and help you have fewer problems breast feeding

Being Opiate and Heroin Free will help your baby:

- Have less chance of birth defects and learning difficulties
- Have less chance of withdrawal, seizures or tremors

Being Amphetamine/Methamphetamine Free will help your baby:

- Gain weight more easily
- Sleep better
- Have less risk of breathing problems
- Have less risk of developmental and learning problems

***What is the most wonderful gift
you can give your baby?***

The most wonderful gift you can give your baby is breast milk free from drugs or alcohol.

Risks of substance use and breastfeeding

The following substances can pass from you to your baby through your breast milk:

- Tobacco/E-Cigarettes can increase the risk of SIDS and may cause your baby to feed poorly and be more irritable.
- Amphetamine/ Methamphetamine can cause poor feeding, irritability, and trouble breathing.
- Alcohol can cause you to have low breast milk production, poor feeding and irritability in your baby.
- Opiates/Heroin can cause you to have lower breast milk production, and cause your baby to have poor feeding, irritability and possibly seizures or withdrawal.
- Marijuana may cause you to have low breast milk production and your baby may feed poorly and be more irritable. There are other harmful chemicals in marijuana similar to tobacco.

If you have questions, talk with your health care provider

If you are taking medications that could harm your baby, or would like help to stop using drugs or alcohol, please talk with your health care provider or your baby's health care provider.

Your health care provider will discuss the risks and benefits of breastfeeding if there are substances in your body. They can help you make an informed decision.

It is still important to hold your baby close and build a bond with your baby, even if you cannot breastfeed right away. This will help you and your baby to have a strong, healthy relationship.

What are other ways drugs and alcohol could harm your baby?

Drugs and alcohol may make it hard or unsafe for you to care for your baby. Just like it is unsafe to drive a car when using drugs or alcohol, it is unsafe to care for your baby if you are using drugs or alcohol. Also, having drugs in the home increases the chances your baby or young child might accidentally eat them.

Resources to help you

Tobacco quit line

1-800-QUIT-NOW or 1-800-784-8669

Center Against Rape & Domestic Violence

1-800-927-0197

Linn County Alcohol & Drug Prevention Program

1-800-304-7468

Benton County Alcohol & Drug Treatment Program

541-766-6835

