

**Smoking during breast-feeding
can damage baby's health**

BERLIN: Mothers who smoke not only damage their children during pregnancy but can also negatively affect their development in the breast-feeding phase. Nicotine and other dangerous substances contained in tobacco enter breast milk and then the child's system, according to a new report from the German Cancer Research Centre. The report says that the babies of mothers who smoke absorb about seven micro-grams of nicotine per kilogram of body weight a day. That is the equivalent absorption rate of an adult who smokes one cigarette a day with a nicotine content level of 0.7 milligrams. Nicotine can also get into the breast milk of non-smoking mothers if they live with a smoker.