



Caring for Yourself



Nutrition

What types of drugs should I avoid while breastfeeding?

- ***Avoid illegal street drugs –marijuana, cocaine, heroin, etc.***
- These substances pass through your breastmilk and can affect your baby.
- For more information on street drugs and breastfeeding:



Call Motherisk at 416.813.6780 from Monday. – Friday 9 a.m. – 5 p.m.



Visit <http://www.motherisk.org>



Visit <http://www.stjoe.on.ca/programs/family/tcup.php> for The Toronto Centre for Substance Use In Pregnancy (T-CUP) program by clicking here.