

Breastfeeding & Lactation During Pregnancy



Usually safe to continue breastfeeding
Most parents do **not** need to wean unless there is a medical reason or personal preference



Milk production is expected to decrease during pregnancy

Hormonal changes commonly reduce production, sometimes early in pregnancy



Some infants may need supplementation

Babies who rely heavily on breastmilk may need:

- Expressed milk
- Donor milk
- Formula

while continuing to nurse



Tandem feeding is natural

Some parents nurse both an older child and a newborn after delivery