

* You need adequate rest, nourishment and psychological support due to added demands of breastfeeding and pregnancy
* You will be able to nurse both at the same time if you desire
* Avoid abrupt weaning
* The newborn should be nursed first because they need the colostrum.

### **How do I feed both my toddler and the newborn?**

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* No need to wean the toddler
* There are no apparent effects on the nourishment of the newborn
* Main reason mothers will initiate weaning is due to sore nipples
* Sore nipples in early pregnancy are due to hormone changes
* Child may wean during the 2nd trimester of pregnancy which is due to a decreased milk supply

### **Are there any medical reasons that I should wean?**

* Medical reasons to wean include: uterine bleeding, signs of preterm labor and failure to gain enough weight during pregnancy
* Discuss with your Provider : how often you are nursing, the age and medical condition of the baby and your risk of miscarriage or preterm labor
* Weaning is usually recommended with a history of a fetal loss, twins, multiples or you are considered a high risk pregnancy

### **Do I need to stop nursing when I become pregnant?**

Studies show that 69% of children wean when the mother becomes pregnant

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Beware of calcium needs since some studies show a decrease in bone density

News from Kathy Gauthier, CNM, IBCLC

Do I stop nursing when pregnant?

Any medical reasons to stop?

TIP OF THE MONTH

The Mother’s Monthly

How do I feed both the child and newborn?

# *Nursing a Toddler While Being Pregnant*