



FÉDÉRATION  
Nourri-  
Source

# BREASTFEEDING AND ALCOHOL

## Continue to breastfeed

- There is no demonstrated harm for occasional ( not daily ) moderate (  $\leq 1$  or 2 drinks / week ) consumption
- Peak of alcohol levels occur about 30-60 minutes after consumption
- Total elimination of alcohol occurs 2-3h after the last consumption



Alcohol level  
in blood  
=  
Alcohol level  
in milk

## REMEMBER

- For occasional consumption, there is no need to pump and dump
- The best time to breastfeed is just before or at the time of alcohol consumption
- Avoid co-sleeping
- Beware of the decrease in the parent's vigilance
- Possibility of a decrease in the let down reflex



2023

[www.nourri-source.org](http://www.nourri-source.org)

REFERENCE: LE PETIT NOURRI-SOURCE

7<sup>e</sup>  
édition