



# LLL Website, Breastfeeding Info A to Z

<https://www.llli.org/breastfeeding-info/>

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# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **ADOPTION** Breastfeeding An Adopted Baby

<https://www.llli.org/breastfeeding-info/adoption/>

- Breastfeeding an adopted baby
- Using a nursing supplementer
- Skin-to-skin
- Milk sharing
- Support

## **ALCOHOL** Drinking Alcohol and Breastfeeding

<https://www.llli.org/breastfeeding-info/alcohol/>

- *The Womanly Art of Breastfeeding*
- Important Considerations
- Can drinking an alcoholic beverage help me relax and stimulate milk production?
- Do I have to pump and dump after drinking an alcoholic beverage?
- What if I get drunk?
- Can alcohol abuse affect a breastfed baby?
- Weighing the risks and benefits

## **ALLERGIES** Food Allergies and Breastfeeding

<https://www.llli.org/breastfeeding-info/allergies/>

## **AMOUNT OF MILK**

### **Is my baby getting enough milk?**

<https://www.llli.org/breastfeeding-info/is-baby-getting-enough/>

- How can I tell if my baby is getting enough milk?
- What are some signs that my baby is well fed?
- What are some signs that my baby might not be getting enough milk?
- What can I do if I don't think my baby is getting enough?
- Breastfeeding is more than milk

## **ANESTHESIA**

<https://www.llli.org/breastfeeding-info/anesthesia/>

- My baby is having surgery
- Before surgery
- During and after surgery
- Examples of fasting time guidelines from around the world

## **BABY WEARING**

<https://www.llli.org/breastfeeding-info/baby-wearing/>

- Why carry your baby in a carrier or sling?
- Safety tips

## **BACK TO BREAST**

<https://www.llli.org/breastfeeding-info/back-to-breast/>

- My newborn has never really gotten the hang of nursing. How can I get him back to the breast?
- Getting an older baby back to the breast

## **BIRTH CONTROL**

<https://www.llli.org/breastfeeding-info/birth-control/>

- Birth control

## **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

- Combination contraceptives
- Progestin-only contraceptives
- Milk supply issues
- Effects on baby
- Lactational Amenorrhea Method (LAM)

### **BITING**

<https://www.llli.org/breastfeeding-info/biting/>

- What Should I Do if My Baby Bites Me?
- My baby bit me! Does this mean I have to wean?
- My baby is teething and bit me! What can I do?
- Since I began working, my baby has started to bite at the breast. Should I wean?
- My baby has a cold and has started biting during feedings? Should I wean?

### **BOTTLES**

<https://www.llli.org/breastfeeding-info/bottles/>

- Feeding breastmilk from a bottle
- Baby is refusing a bottle
- Differences between nursing at the breast and being bottle-fed

### **BRAS**

<https://www.llli.org/breastfeeding-info/bras/>

### **BREASTFEEDING AND SEX**

<https://www.llli.org/breastfeeding-info/breastfeeding-and-sex/>

### **CAFFEINE**

<https://www.llli.org/breastfeeding-info/caffeine/>

- Will caffeine affect my baby?
- Is my baby more likely than others to react to caffeine?
- What symptoms might my baby have?
- What other beverages and foods might have caffeine in them?
- How much caffeine is safe to consume?
- What can I try if I think my baby is reacting to caffeine?

### **CAROTENEMIA**

<https://www.llli.org/breastfeeding-info/carotenemia/>

- My breastfed toddler's skin has turned orange / yellow! Is it my milk?

### **CESAREAN Breastfeeding After Cesarean Birth**

<https://www.llli.org/breastfeeding-info/breastfeeding-cesarean-birth/>

- Choosing a hospital
- Rooming-in
- Use of artificial nipples (teats)
- Types of anesthetic
- Breastfeed early and often
- If your baby is separated
- The use of pain medication
- Comfortable breastfeeding positions

### **CMPI – COW'S MILK PROTEIN INTOLERANCE**

<https://www.llli.org/breastfeeding-info/cmipi/>

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **COLOR OF MILK**

<https://www.llli.org/breastfeeding-info/color-of-milk/>

## **COLOSTRUM: GENERAL**

<https://www.llli.org/breastfeeding-info/colostrum-general/>

- What is colostrum?
- Why is it important for your baby?
- First meals

## **COLOSTRUM: PRENATAL/ANTENATAL EXPRESSION**

<https://www.llli.org/breastfeeding-info/colostrum-prenatal-antenatal-expression/>

## **CONSTIPATION**

<https://www.llli.org/breastfeeding-info/constipation/>

- Is my breastfed baby constipated?
- The first few days of life
- The first six weeks
- After six weeks
- After solid foods

## **CONTAMINANTS**

<https://www.llli.org/breastfeeding-info/contaminants/>

- Concerned about environmental contaminants? Your milk is still best for your baby
- Human milk is the natural food for your baby, uniquely meeting your baby's changing needs
- Periodic testing of human milk
- Formula can be contaminated, too

## **CRITICISM Responding to Criticism**

<https://www.llli.org/breastfeeding-info/responding-to-criticism/>

- Do you feel worried about how to handle criticism about breastfeeding? La Leche League is here to help.

## **DISCRETION**

<https://www.llli.org/breastfeeding-info/discretion/>

## **DONATING BLOOD**

<https://www.llli.org/breastfeeding-info/donating-blood/>

- Can I donate blood while I am breastfeeding?

## **ENGORGEMENT**

<https://www.llli.org/breastfeeding-info/engorgement/>

- How you can help get it back on track
- What if I'm already badly engorged?
- What if my baby can't nurse well enough or often enough to get my milk production going and keep it going?
- What if I'm too full for my baby to latch on?
- What if I become engorged and my baby isn't a newborn?
- Remind me why I'm bothering?

## **EXERCISE**

<https://www.llli.org/breastfeeding-info/exercise/>

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **FAMILY NEEDS**

<https://www.llli.org/breastfeeding-info/family-needs/>

- Family needs
- Housework when you have a new baby

## **FEEDING IN EMERGENCIES (MULTILINGUAL)**

Infant Feeding in Emergencies

<https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/>

- Links to resources for Infant Feeding in Emergencies (Multilingual)

## **FERTILITY**

<https://www.llli.org/breastfeeding-info/fertility/>

- Can I get pregnant while I'm nursing?
- But what if I want my periods to return while I am breastfeeding?
- Will breastfeeding affect my use of fertility treatments?

## **FOODS: FOR MOTHERS**

<https://www.llli.org/breastfeeding-info/foods/>

- Are there any foods I should avoid while breastfeeding?
- Allergies
- Peanuts
- Cultural ideas

## **FOREMILK AND HINDMILK**

<https://www.llli.org/breastfeeding-info/foremilk-and-hindmilk/>

- Fat content of milk
- Lactose overload
- Lactose intolerance

## **FREQUENCY OF FEEDING - FAQs**

<https://www.llli.org/breastfeeding-info/frequency-feeding-frequently-asked-questions-faqs/>

- How often should I feed my baby in the first 24 hours after birth?
- How often should I breastfeed my baby in the first few days?
- How does nursing frequently prevent my baby from becoming jaundiced or help if he/she does become jaundiced?
- How can I tell whether my baby is getting enough milk from me?
- Should I put my baby on a schedule?
- How will I know when my baby is hungry if I don't use a schedule?
- How often should I breastfeed my baby in the first weeks?
- How often should I breastfeed my baby in the first six months?
- Do I need to breastfeed my baby at night?
- I'm not sure I'm making enough milk—my baby is fussy! How can I increase my milk supply?
- People say I'm spoiling my baby by nursing her/him too often. How often is right?
- Why does my baby suddenly want to breastfeed constantly?

## **GASTRIC BYPASS SURGERY**

<https://www.llli.org/breastfeeding-info/gastric-bypass-surgery/>

- Breastfeeding after gastric bypass surgery

## **GERD – GASTROESOPHAGEAL REFLUX DISEASE**

<https://www.llli.org/breastfeeding-info/gerd/>

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **GROWTH**

<https://www.llli.org/breastfeeding-info/growth/>

- Growth of breastfed babies
- If my baby is growing well, why does he suddenly want to nurse constantly?
- My baby is gaining weight slowly. Is my milk of poor quality?
- I'd like to diet and lose some weight, but will the quality of my milk be affected?

## **HAND EXPRESSING**

<https://www.llli.org/breastfeeding-info/hand-expressing/>

## **HEATING HUMAN MILK**

<https://www.llli.org/breastfeeding-info/heating-human-milk/>

- Heating human milk in the microwave
- What is the best way to thaw my milk?
- How can human milk best be warmed?

## **HYPOPLASIA**

<https://www.llli.org/breastfeeding-info/hypoplasia/>

- Hypoplasia/insufficient glandular tissue (IGT)
- Why don't some mothers make milk?
- Do I have hypoplasia/IGT?
- Why did this happen to me? Why can't I make enough milk?
- What can I do now? I really wanted to breastfeed my baby.

## **IMPORTANCE OF BREASTFEEDING**

<https://www.llli.org/breastfeeding-info/benefits/>

- Breastfeeding is the biological norm
- Importance:   for baby  
                  for mother  
                  for employers  
                  for the environment

## **INFLUENZA**

<https://www.llli.org/breastfeeding-info/influenza/>

## **INVERTED AND FLAT NIPPLES**

<https://www.llli.org/breastfeeding-info/inverted-flat-nipples/>

- How can I tell if my nipples are flat or inverted?
- Different types of inverted and flat nipples
- Treatments for flat or inverted nipples, and techniques to make latching easier
- Getting breastfeeding off to a good start
- If nipple soreness occurs

## **JAUNDICE**

<https://www.llli.org/breastfeeding-info/jaundice/>

- What causes jaundice?
- What does jaundice look like in the newborn?
- Why be concerned about jaundice?
- Breastfeeding and Jaundice
- Treating Jaundice
- Working With Your Doctor
- Helping Your Baby Breastfeed More Effectively
- How to Wake a Sleepy Baby

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **LENGTH OF TIME**

<https://www.llli.org/breastfeeding-info/length-of-time/>

- How long should I breastfeed?

## **LUMPS AND MAMMOGRAMS**

<https://www.llli.org/breastfeeding-info/lumps-and-mammograms/>

- Lump in breast
- Mammograms while breastfeeding?

## **MASTITIS**

<https://www.llli.org/breastfeeding-info/mastitis/>

- Blocked ducts
- Milk blisters (blebs)
- Mastitis
- Care plan for mastitis
- Recurring blocked ducts and/ or mastitis
- Other causes of mastitis

## **MEDICATIONS- A QUICK GUIDE FOR PARENTS**

<https://www.llli.org/breastfeeding-info/medications-quick-guide-parents/>

## **MENSTRUATION**

<https://www.llli.org/breastfeeding-info/menstruation/>

- Menstruation and Breastfeeding
- Does your period decrease your milk supply?

## **MILK DONATION AND SHARING**

<https://www.llli.org/breastfeeding-info/milk-donation/#Milk>

- FAQ from donors
- FAQ from recipients
- LLLI Milk Donation policy

## **MILK ISSUES**

<https://www.llli.org/milk-issues/>

- Milk issues: soapy, metallic, sour, or spoiled milk?
- What is going on, and what can be done?
- How can you find out which problem—high lipase activity or chemical oxidation—you have?

## **MIXING MILK**

<https://www.llli.org/breastfeeding-info/mixing-milk/>

- Is it ok to mix human milk and artificial baby milk (formula)?
- Separation
- Cautions

## **NATURAL BUT NOT ALWAYS EASY**

<https://www.llli.org/breastfeeding-info/natural-not-always-easy/>

## **NIPPLE CONFUSION**

<https://www.llli.org/breastfeeding-info/nipple-confusion/>

- Ways to avoid nipple confusion
- Tips

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **NIPPLE PIERCING**

<https://www.llli.org/breastfeeding-info/nipple-piercings/>

- Is it safe to breastfeed with nipple piercings?
- Is it safe to get nipple piercings while breastfeeding?

## **NURSING STRIKES**

<https://www.llli.org/breastfeeding-info/nursing-strikes/>

- My baby is suddenly refusing to nurse. Does that mean it's time to wean?

## **OVERSUPPLY**

<https://www.llli.org/breastfeeding-info/oversupply/>

- What are some signs of oversupply?
- What causes an oversupply?
- How does oversupply affect baby's digestion?
- How can I manage OMER [\*Overactive Milk Expression Reflex—strong letdown]?
- How can I slow down my milk production?
- Will my strong milk ejection/letdown ease as my oversupply reduces?
- What else can I try?

## **PAIN: GENERAL**

<https://www.llli.org/breastfeeding-info/pain-general/>

- It hurts when my milk "lets down." What could be causing this and how can I remedy this situation? What if my pain is deep in my breast?

## **PAIN: NIPPLES**      Breastfeeding with Sore Nipples

<https://www.llli.org/breastfeeding-info/breastfeeding-sore-nipples/>

- The first week: positioning and latch-on
- Laid-back position
- Football position
- Cradle position
- Cross cradle position
- \*See the next section "Positioning"
- Causes of sore nipples
- Treatment of sore nipples

## **POSITIONING**

<https://www.llli.org/breastfeeding-info/positioning/>

- The first week: positioning and latch
- Basic steps for positioning
- Laid-back breastfeeding or biological nurturing
- Cradle position
- Cross-cradle position
- Clutch or football position
- Side-lying position
- Breast support techniques
- Is my baby latched on well?

## **POSTPARTUM (POSTNATAL) MOOD DISORDERS**

<https://www.llli.org/breastfeeding-info/postpartum-mood-disorders/>

## **PREGNANCY**

<https://www.llli.org/breastfeeding-info/pregnancy/>

- Breastfeeding during pregnancy



# Breastfeeding Info A to Z

<https://www.llli.org/breastfeeding-info/>

## PREMIES:

**BREASTFEEDING** Importance of breastfeeding for a premature baby

<https://www.llli.org/breastfeeding-info/premies-breastfeeding/>

**KANGAROO CARE AND SKIN-TO-SKIN CONTACT**

<https://www.llli.org/breastfeeding-info/premies-kangaroo-care-skin-skin-contact/>

**POSITIONING** Positioning a pre-term baby at the breast

<https://www.llli.org/breastfeeding-info/premies-positioning/>

**PUMPING** Pumping milk for a premature baby

<https://www.llli.org/breastfeeding-info/premies-pumping/>

**PUMPING:** Pumping milk

<https://www.llli.org/breastfeeding-info/pumping-milk/>

- How often will I have to pump when I go back to work or school (college)?
- Should I single or double pump?
- Is there any way to decrease the number of times I have to pump at work?
- How do I choose a breast pump?
- My friend no longer needs her pump and said I can use it. Is this okay?
- Pumping tips
- The law

## PREPARING

<https://www.llli.org/breastfeeding-info/preparing/>

- Breast massage
- Check for flat or inverted nipples
- Comfortable clothing for breastfeeding
- Encouragement and support

## REFLUX

<https://www.llli.org/breastfeeding-info/reflux/>

## RELACTATION

<https://www.llli.org/breastfeeding-info/relactation/>

## SKIN-TO-SKIN CARE

<https://www.llli.org/breastfeeding-info/skin-to-skin/>

## SLEEP:

**BEDSHARE** Should I sleep with my baby?

<https://www.llli.org/breastfeeding-info/sleep-bedshare/>

**SAFE SLEEP**

<https://www.llli.org/breastfeeding-info/safe-sleep-breastfeeding-babies/>

- Sudden infant death syndrome (SIDS)
- Cuddle curl
- Here's what our babies have always "expected" at night
- What do mothers expect at night? And how can they get it?

**SAFE SURFACE CHECKLIST**

<https://www.llli.org/breastfeeding-info/sleep-safe-surface-checklist/>

**TALKING WITH YOUR DOCTOR ABOUT BEDSHARING**

<https://www.llli.org/sleep-talking-doctor-bedsharing/>

## SPECIAL NEEDS

<https://www.llli.org/breastfeeding-info/special-needs/>

- My new baby was born with special needs. Can I still breastfeed?
- Breastfeeding your baby with down syndrome:
- Tips to breastfeeding your baby with down syndrome:

# **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

## **STARTING SOLIDS**

<https://www.llli.org/breastfeeding-info/starting-solids/>

- Some signs of readiness
- How to start solids
- First foods for babies

## **STORING HUMAN MILK**

<https://www.llli.org/breastfeeding-info/storingmilk/>

- Storage guidelines
- Storage containers
- Reheating human milk
- Common questions

## **SUPPLEMENTING**

<https://www.llli.org/breastfeeding-info/supplementing/>

## **TANDEM NURSING** Breastfeeding during pregnancy and tandem nursing

<https://www.llli.org/breastfeeding-info/breastfeeding-pregnancy-tandem-nursing/>

- Is it safe?
- Changes during pregnancy
- Milk supply and colostrum
- The practicalities of tandem nursing
- The emotional side of tandem nursing

## **TANNING BEDS AND FAKE TANS**

<https://www.llli.org/breastfeeding-info/tanning-beds-fake-tans/>

## **TATTOOS** Tattoos and Breastfeeding

<https://www.llli.org/breastfeeding-info/tattoos-and-breastfeeding/>

- Is it safe to get a tattoo while breastfeeding?
- Is it safe to have a tattoo removed while breastfeeding?

## **TEETHING**

<https://www.llli.org/breastfeeding-info/teething/>

- Can I keep breastfeeding once my baby begins teething?
- Before nursing
- After nursing

## **THRUSH**

<https://www.llli.org/breastfeeding-info/thrush/>

- Is thrush causing my sore nipples?
- Treatment for thrush
- Persistent thrush
- Points to consider with recurrent yeast

## **TIPS**

<https://www.llli.org/breastfeeding-info/tips/>

- Early start
- Sore nipples
- Growth spurts
- Latch on

## **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

### **TOBACCO** Smoking and Breastfeeding

<https://www.llli.org/breastfeeding-info/smoking-and-breastfeeding/>

- Smoke as far away from your baby as possible
- Cut down on smoking
- Monitor your baby's weight gain
- Smoke right after breastfeeding instead of just before
- Smoking cessation aids
- Early weaning?
- Conclusion

### **TODDLERS** Breastfeeding your toddler

<https://www.llli.org/breastfeeding-info/toddlers/>

### **TONGUE AND LIP TIES**

<https://www.llli.org/breastfeeding-info/tongue-lip-ties/>

- Identifying tongue tie
- How breastfeeding may be affected
- Breastfeeding is important for every baby
- Treatment
- Keeping breastfeeding going
- Soften your breast
- Encourage tongue mobility
- Maintain milk production
- An unusual palate
- Treating Tongue Tie
- Painful nipples
- Moist wound healing
- Seek support

### **TRANSGENDER & NON-BINARY PARENTS**

<https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/>

- Support for transgender & non-binary parents
- Amazing milk
- Skin-to-skin
- Your milk supply
- Using a nursing supplementer
- Milk sharing
- LLL support
- Other support

### **TRAVEL**

<https://www.llli.org/breastfeeding-info/travel/>

- How do I travel with my baby?
- For a road trip
- Some special considerations for airplanes:

### **TWINS**

<https://www.laleche.org.uk/twins/> [\* The Breastfeeding Info A to Z page about twins is coming soon.]

### **VACCINES**

<https://www.llli.org/breastfeeding-info/vaccines/>

- Vaccines and for the breastfeeding parent
- Vaccines for the breastfed baby

## **Breastfeeding Info A to Z**

<https://www.llli.org/breastfeeding-info/>

### **VITAMIN D** Vitamin D, Your Baby, and You

<https://www.llli.org/breastfeeding-info/vitamin-d/>

- Why is vitamin D important?
- I spend a lot of time outside. Surely I'm not deficient in vitamin d.
- I eat a healthy diet and take vitamins. My vitamin d status is probably fine.
- Should I supplement my breastfed baby with vitamin d?
- Should I take vitamin d supplements?

### **VITAMINS AND OTHER NUTRITIONAL SUPPLEMENTS**

<https://www.llli.org/breastfeeding-info/vitamins-nutritional-supplements/>

- Vitamin D  
Please also read <https://www.llli.org/breastfeeding-info/vitamin-d/>
- Iron
- Fluoride
- Vitamin B12

### **WATER SUPPLEMENTS**

<https://www.llli.org/breastfeeding-info/water-supplements/>

### **WEANING: FOR MEDICAL REASONS**

<https://www.llli.org/breastfeeding-info/weaning/>

### **WEANING: HOW TO**

<https://www.llli.org/breastfeeding-info/weaning-how-to/>

- How do I wean my baby?
- Weaning a baby under one year
- Weaning an older child
- Tips for daytime weaning
- Tips for sleep time weaning
- When a child isn't ready to wean

### **WEANING: I WANT TO**

<https://www.llli.org/breastfeeding-info/weaning-i-want-to/>

- Would weaning make my life easier?
- I want to wean

### **WEANING: UNEXPECTED**

<https://www.llli.org/breastfeeding-info/weaning-unexpected/>

- Unexpected weaning
- Common reasons for an early weaning

### **WEIGHT LOSS: FOR MOTHERS**

<https://www.llli.org/breastfeeding-info/weight-loss-mothers/>

- How can I lose weight safely while breastfeeding?
- When can I start losing weight?
- What are the recommended guidelines for weight loss?
- Are low carb diets safe?

*Medical questions and legal questions should be directed to appropriate health care and legal professionals.*