



Breastfeeding Committee
for Saskatchewan

www.thebcs.ca

Important:

Breast milk continues to be very valuable for an older child. It has immune benefits, benefits for bonding and emotional attachment, and provides an excellent nutritional base as well as documented dental benefits. As long as you and your child are enjoying breastfeeding, your child is benefitting from breastfeeding.

**For further information
contact:**

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

Tandem Breastfeeding and Breastfeeding while Pregnant

Tandem breastfeeding refers to nursing two children at once. It can refer to breastfeeding twins at the same time, but for the purposes of this handout it refers to breastfeeding an older child and a new baby.

Is it safe to breastfeed while pregnant?

Yes, in most cases. There is a common worry about miscarriage or preterm labour. However, although uterine contractions are experienced during breastfeeding they are a normal part of pregnancy and similar contractions happen during sexual intercourse, which is fine for most women throughout pregnancy. If you are experiencing any pregnancy complications, discuss concerns with your care provider.

Milk during pregnancy:

During pregnancy, the mature milk is making a gradual change to colostrum, which is present at birth. Many mothers who are nursing throughout pregnancy notice a decrease in supply by mid-pregnancy or sooner; it will improve again by end of pregnancy and be back to normal after delivery. You will continue to produce colostrum throughout the end of your pregnancy and it cannot be "used up" by your older nurseling.

Will my child wean?

Some children wean at some point in the pregnancy. In the first two months of your pregnancy, your sweet mature milk is likely to increase in concentrations of sodium, chloride and protein while concentrations of glucose, lactose and potassium decrease. Some children do not like this change in flavor and may wean. Be aware they may decide to "unwean" again later.



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References:

1. Bumgarner, N. (2000). *Mothering your nursing toddler* (Rev. ed.). Schaumburg, IL: La Leche League International.
2. Flower, H. (2003). *Adventures in tandem nursing: Breastfeeding during pregnancy and beyond*. Schaumburg, Ill.: La Leche League International.
3. H, F., & K, B. (n.d.). The Official FAQ...Nursing During Pregnancy. Retrieved July 24, 2015, from <http://kellymom.com/nursingtwo/resource/s/pregnancynursing-faq.pdf>
4. Lawrence, R., & Lawrence, R. (2011). *Breastfeeding a guide for the medical profession* (7th ed.). Maryland Heights, Mo.: Mosby/Elsevier.
5. Riordan, J. (1998). *Breastfeeding and human lactation* (2nd ed.). Boston, Mass.: Jones and Bartlett.



Once the new baby is born:

Because colostrum is very important for your new baby, you will want to make sure he gets plenty. A mother who is concerned can help by making sure that the infant has ample access to the breast so that the baby's full appetite is satiated at the breast and by letting her toddler empty the breasts when the baby is finished. This ensures the infant gets adequate colostrum, as there is a smaller amount of this precious milk.

Will I have enough?

Milk yield increases rapidly in mothers who have breastfed before. Your toddler is an expert nurser and can help build supply and reduce risk of plugged ducts. After the first few days, the breasts make milk to replace what is used so as more feeding and milk removal occurs, more milk is made and a mother should make all that she needs for both children.

Positioning

It is completely up to the mother and the two nursing children, whether to fed them separately, or together. Some ideas on positioning for two include: double cradle hold with newborns legs on the toddler, double football hold or a combination. Do what feels right.

More resources:

<https://kellymom.com/ages/tandem/official-tandem-bf-faq/>

https://kellymom.com/pregnancy/bf-preg/bfpregnancy_safety/

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

