

- ***Alcohol:***
- No safe amount of alcohol has been established for the nursing mother, but recommendations include limiting intake to 0.5 g alcohol/kg maternal body weight
- For a 60-kg mother, this equals approximately 2 oz liquor, 8 oz wine, or two beers per day.

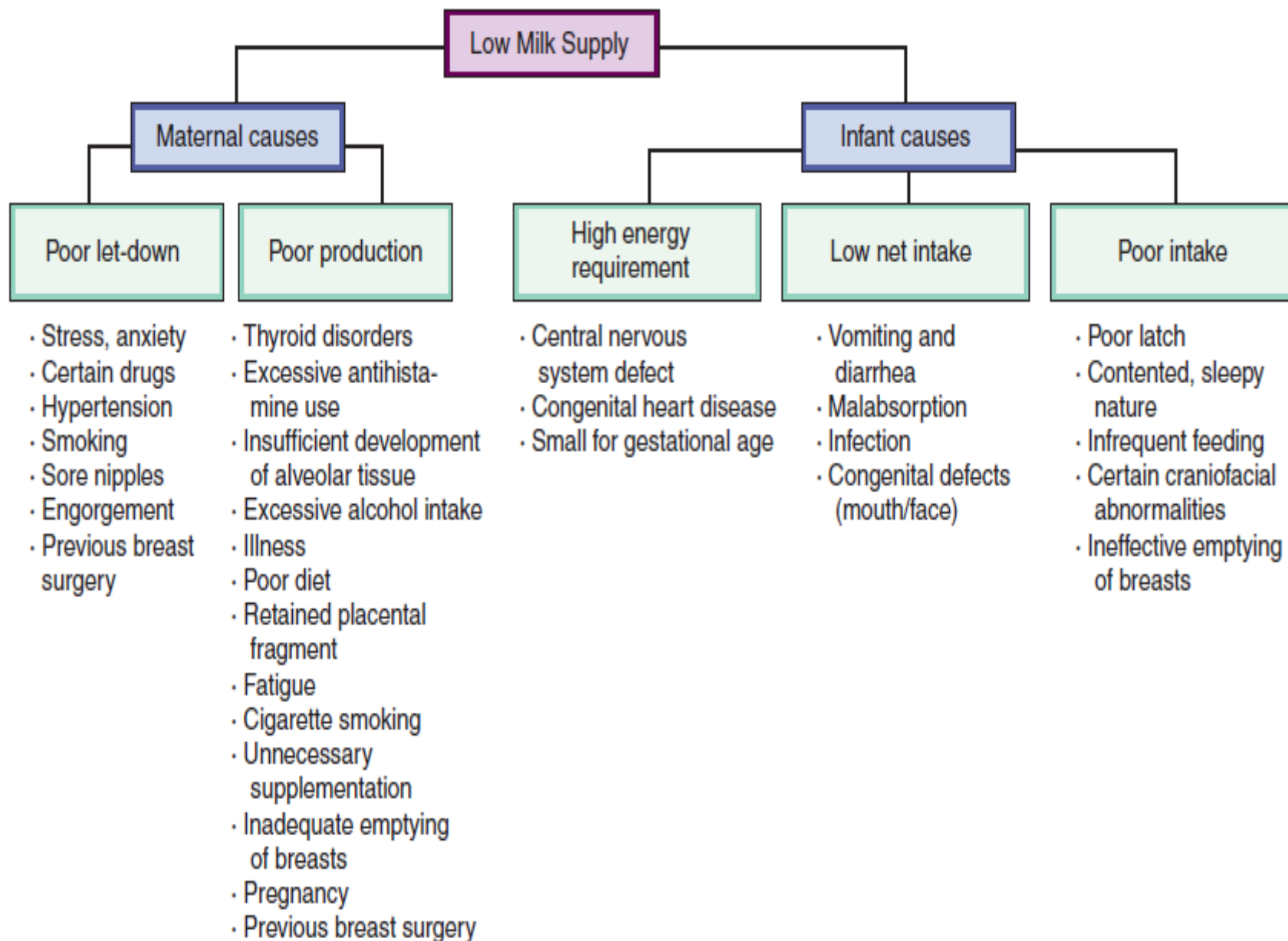
- **Stages of Milk and Variations in Composition:**
- **lactogenesis I** : Colostrum
- **lactogenesis II** : Transitional milk (2 to 5 days after delivery until around 10 to 14 days postpartum)
- **Mature milk**
- **Foremilk**
- **hindmilk**

- Breastfed infants tend to gain less weight and usually are leaner than are formula-fed infants
- growth spurts, or times of rapid infant development : supply and demand

- **Galactagogues, or milk production** stimulants, can be classified as medications, herbals, or foods
- **Medications:** Domperidone, Metoclopramide > Raises prolactin > dosage?
- **Herbals:** Fenugreek, Milk Thistle, anise, blackseed, caraway, coriander, dill, fennel alfalfa, blessed thistle, nettle, goats rue, red clover, shatavari

- **Foods:** Grains, nuts, seeds: oats (not instant), barley, brown rice, beans, sesame, Almonds, dark green leafy vegetable, apricots, dates, figs, cooked green papaya Soups made from Torbangun or Mulunggay leaves
- beer and other alcoholic beverages \neq

- ***Maternal Substance Abuse?***
- **Transfer of Drugs and Toxins into Human Milk:**



Breastfeeding during Pregnancy?

زمان ماندگاری شیر مادر	دمای نگهداری
۳-۴ ساعت - حداکثر ۶-۸ ساعت	۱۵,۵-۲۹
۲۴ ساعت	ظرف در تماس با یخ ۱۵
۷۲ ساعت - حداکثر ۵-۸ روز	داخل یخچال ۴<
۶ ماه - حداکثر ۱۲ ماه	داخل فریزر ۱۷<