

Breastfeeding Tip



is caffeine safe while breastfeeding?

Most breastfeeding parents can drink a small amount of coffee, tea and soda. **Drinking a small amount, like 2 small cups of coffee, is safe while breastfeeding.**

Some babies are more sensitive to caffeine than others. Watch your baby for signs of being fussy or irritable after you drink something with caffeine in it. If your baby seems to be really fussy, you might want to slowly cut down.



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