

Tandem Nursing

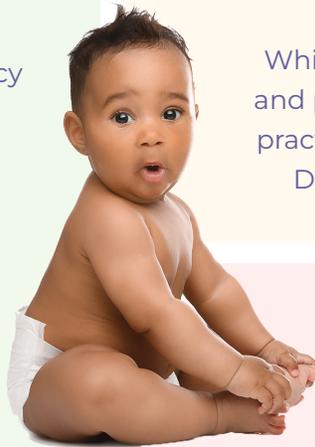
Tandem nursing is simply breastfeeding two or more children of different ages at the same time. Usually this occurs when you have an older baby, toddler, or child you are nursing, and you have a new baby.



Breastfeeding During Pregnancy

Breastfeeding during a low-risk pregnancy is generally safe to do. However, always discuss your breastfeeding plans with your health care provider.

Your breast milk will transition back to colostrum during pregnancy and your supply will decrease. This change may cause your toddler to wean or to nurse more frequently. Colostrum can sometimes cause loose stools in the nursing toddler. This is normal and not a reason to worry.



Latch & Positioning

While you really don't have to think about latch and positioning with a toddler, it is important to practice good latch techniques with a newborn. Doing so can help avoid getting sore nipples.

Breastfeeding After Baby Arrives

If breastfeeding a toddler and a newborn, always breastfeed the newborn first. Breast milk is your newborn's only source of nutrition and therefore nursing the newborn should always take priority over nursing your toddler.

If you choose to tandem nurse your newborn and older child, you'll find there are many wonderful benefits including helping your older child feel more secure once the new baby arrives.

