

## a. Alcohol

### MODULE 4

Alcohol easily passes into the mother's breastmilk, with the level being close to what is in the mother's blood supply. There is no known safe amount of alcohol exposure for a baby from breastmilk! The safest choice is not to drink alcohol while you are breastfeeding. If you have an occasional glass of alcohol, it is recommended to consume it after feeding your baby and to wait about two to three hours before feeding. General guideline: it takes approximately 2-3 hours for one standard drink of alcohol to clear from the mother's breastmilk. Heavy alcohol consumption should be avoided. The effects of alcohol on baby are not well studied.

