FÉDÉRATION Nourri-Source

BREASTFEEDING AND HOT WEATHER (HEAT WAVE)

Breastfeed on demand

- **Baby may ask to drink more frequently to quench their thirst, the feedings, while frequent, will be shorter**
- **Give water with a meal if the child is 6 months or older**
- **Stay in cool places**
- **Avoid going out between 12 pm - 4 pm**
- **Stay well hydrated to maintain milk production**

No need to give water to nursing baby under 6 months old

- **Breast milk contains 87% water**
- **Water can make baby miss a feeding**
- **Risk of nipple confusion or preference**
- **Possibility of decreased production**
- **Water replaces milk nutrients**

2024

www.nourri-source.org

RÉFÉRENCE: LE PETIT NOURRI-SOURCE

7e édition