

# FACTS

# WATER CONSUMPTION

# 1

## GIVING WATER TO BABY

- A baby breastfed exclusively does not need water, even when it is hot out.
- Mother's milk fills all baby's needs for liquids right from birth.

**Before 6 months, no water for baby!**

To learn more, **consult a IBCLC**  
**or any other breastfeeding professional.**



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# WATER CONSUMPTION

## 2 GIVING WATER TO BABY

- Water supplements can interfere with milk production. Even small quantities can fill baby's stomach and cause a skipped feeding.
- When you think baby is thirsty, offer the breast. Baby will thus get all the liquid needed.

To learn more, **consult a IBCLC**  
**or any other breastfeeding professional.**



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# FACTS WATER CONSUMPTION

## GIVING WATER =

- more jaundice, diarrhea, hospital stays
- risk of insufficient milk
- possibility of insufficient weight gain or of weight loss.

To learn more, **consult a IBCLC**  
**or any other breastfeeding professional.**



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