

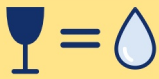
Alcohol and Breastfeeding

What reaches your baby, and when it clears



Simply Lactation

Personalized Breastfeeding Support



Milk alcohol matches blood alcohol. Safest for baby: none. One drink a day isn't known to harm infants, but many experts say no more than 1–2 drinks a week.

What counts as 1 drink in the US?

Each of these is 1 standard drink.



Beer
12 oz
5% ABV



Malt liquor
8 oz
7% ABV



Wine
5 oz
12% ABV



Liquor
1.5 oz
40% ABV

Wait before you nurse

Each clock is 2–3 hours after a standard drink.



2–3 hrs



4–6 hrs



6–9 hrs

Pumping and dumping doesn't speed this up.

Make sure you pump and dump every 3 hours after drinking to maintain breastmilk supply. Do not store the pumped milk. You may store or nurse the baby once the alcohol completely leaves your body.

Alcohol in your milk over time



Baby gets less milk

Exposed babies drank 20–23% less.



Not exposed
Full feeds



Exposed
20–23% less

Regular heavy drinking can also slow let-down and lower your milk supply.

Newborns clear it slowly

Adult 100% speed



Newborn 25–50%



Baby's brain grows fast in year one, so even 1 drink takes longer to clear.

Regular exposure risks

- ☾ Broken sleep, less REM
- ⚡ More crying, startling
- 📊 Slower growth
- 🛡️ Weaker immunity
- 👣 Delayed motor skills

Unsure? Use test strips



Dip



Wait



Read color

Brands: UpSpring Milkscreen, BMATS, Frida Mom, Miloo, Glomama.



Pump first

Pump or nurse before you drink.



Drink with food

Stick to one drink. Sip slowly.



Wait 2–3 hours

Per drink. Strips can double-check.



Safe sleep

No cosleeping after a drink: SIDS risk.