

# BREASTFEEDING AS AN ATHLETE

Your milk supply, your baby's growth and development and the composition of your breastmilk is unlikely to be affected by your training.

Removing milk well and often is the way to establish a good milk supply.



## MAINTAIN A HEALTHY DIET AND STAY HYDRATED

Training and lactation both use a lot of energy, so it is important to **make sure you have a healthy diet and stay well hydrated.**



## LACTIC ACID LEVELS IN BREASTMILK

**High-intensity training can increase lactic acid levels in breastmilk.**

These levels return to normal levels after 1 hour of rest. There is no known risk to your baby from the lactic acid in your breastmilk. Your baby will still breastfeed.



## CORRECT SUPPORT

Wearing a supportive and well-fitted bra prevents undue stress on any part of your breasts and reduces the risk of blocked ducts or mastitis. Full breasts can cause discomfort when you are training. **Breastfeeding or expressing just before a training session can make it more comfortable.**



## BABIES PREFERENCE

Some babies are happy to breastfeed even if you are hot and sweating after training. Others may prefer to wait for you to dry yourself or shower before breastfeeding. Don't worry if your baby reacts differently each day to your body's training responses.



## FLAG WITH YOUR COACH AND TEAMMATES

**that when training, you may need take a break to breastfeed or express.**

This is important for your breast health as well as your supply. Try to breastfeed/express as often as your baby needs to.

### For more information:

- > Visit the Australian Breastfeeding Association website [breastfeeding.asn.au](http://breastfeeding.asn.au)
- > Talk to your sports dietician, sports physician or both

