SHADES of BLUE PROJECT

NOVEMBER 2026

Feeding and maternal mental health

Your worth is not your feeding method

Breastfeeding, pumping, formula feeding, and weaning can bring strong emotions. Your health and your baby's nutrition both deserve attention.

01 Talk about the whole experience

- Share pain, worry, pressure, sleep disruption, or feelings of failure with your care team. Feeding difficulties deserve support.
- Evidence does not establish a simple answer about whether breastfeeding raises or lowers the risk of postpartum depression. [1]
- Ask your baby's clinician about nutrition and growth, and request qualified lactation support if you want it. [1]

02 Include mental health care

- People with postpartum depression can usually continue breastfeeding while receiving appropriate treatment and support. [1]
- Tell prescribers you are breastfeeding. Discuss therapy, medication benefits and risks, and your baby's health before making treatment decisions. [1]
- Ask how feeding choices affect cost, time, sleep, and daily care. Name what feels sustainable for your family.

03 Plan changes with support

- Weaning is a personal decision. A gradual transition can give your body and baby time to adjust. [2]
- Ask your care team what nutrition your baby will need. Make room for emotions during the change. [2, 3]
- Arrange a check in with someone you trust and seek assessment for persistent or intense changes in mood.

You can say: "Please help me make a feeding plan that considers my mental health too."

SUPPORT WITHOUT SHAME

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] CDC Postpartum Depression and Breastfeeding [2] CDC Weaning From Breastfeeding [3] OWH Weaning Your Baby

Educational information, not a diagnosis. Updated November 17, 2026.