

Breastfeeding Myths

Breastfeeding is “natural”. Babies know how to do it.

Moms and babies *learn* to breastfeed.

Breastfeeding is painful and hard to learn.

Pain means something is not right. Get help to correct the problem.
Babies have natural reflexes such as rooting and sucking to help them learn to breastfeed.

Breastfeeding is embarrassing.

Women have breasts to make milk and nourish a baby.

Fathers and grandparents will be “left out”.

There are lots of things to do in caring for a baby. Feeding is just one of many.
Exclusively nurse for 2-4 weeks, then if desired, pump and others may help to feed the baby.

Breastfeeding ties you down.

A baby changes your life. Take this time in your life to slow down and enjoy your baby.

A breastfeeding mother is not allowed to eat anything she wants.

You may eat anything you want. “Gas” producing foods do not produce gas in your milk!
While it is true that some babies have sensitivities and allergies, it is the exception, not the rule.

It is difficult for a breastfeeding mother to work and continue breastfeeding.

Commitment, planning, an efficient pump and private space is what is needed to be successful.

Breastfed babies do not sleep as well.

Sleeping patterns vary with the child, not how they are fed.

If a breastfeeding mother is upset or angry, her milk will “spoil”.

Lots of folklore myths exist around breastfeeding. Don’t believe everything you hear.

If a mother is ill, having surgery, needing medication; she should not breastfeed her baby.

In most cases, breastfeeding can be maintained during any life event.

Breastfeeding must be 100%.

Exclusive human milk provides optimal benefits for you and your baby. Combination feeding, breastfeeding and giving formula, still provide health benefits.

Don’t let myths stop you.

You CAN Breastfeed