

10 Myths and Facts of Breastfeeding

1. Myth: Breastfeeding is painful.

Fact: Breastfeeding should not hurt, though some may have some minor discomfort during the first week or two.

2. Myth: Breastfeeding is inconvenient

Fact: Breastfeeding is far more convenient than bottle feeding. Breastmilk is free, pre-mixed, pre-warmed, and always ready to use.

3. Myth: Women who breastfeed can't safely lose weight until their babies are weaned.

Fact: Breastfeeding actually contributes to gradual, healthy weight loss because it can burn an extra 300-500 calories per day.

4. Myth: A breastfed baby needs extra water.

Fact: Breastmilk contains all the water a baby needs.

5. Myth: Formula is as good as breastmilk.

Fact: Formula doesn't provide the full range of nutrients contained in breastmilk, nor does it contain the antibodies that can protect infants against disease.

6. Myth: If the baby has diarrhea or vomiting, the mother should stop breastfeeding.

Fact: The best medicine for a baby's gut infection is breastfeeding.

7. Myth: Physicians know a lot about breastfeeding.

Fact: Very few physicians learned anything at all about breastfeeding in medical school.

8. Myth: A mother who smokes is better not to breastfeed.

Fact: A mother who can't stop smoking should breastfeed. It has been shown to decrease the negative effects of cigarette smoke on the baby's lungs.

9. Myth: Breastfeeding in public requires that a woman's breasts be exposed.

Fact: There are many techniques a woman can learn for breastfeeding her baby discreetly in public

10. Myth: It is difficult to breastfeed successfully.

Fact: Although new mothers may need some practice before developing confidence in their breastfeeding skills, it is a natural activity that almost any mother and baby can learn together.