BREASTFEEDING MYTHS vs FACTS

● **Myth: Breast size matters... the bigger they are, the more milk they will produce.**
  ○ **Fact:** Size does NOT matter for producing adequate milk supply. Supply is based on demand, so if you are feeding your baby on cue, your body will react by producing enough for your baby.

● **Myth: If I eat any junk food, spicy food, chocolate, etc., my baby will be fussy.**
  ○ **Fact:** Babies are exposed to all the food styles you ate while you were pregnant through the amniotic fluid, so there is no need to change your diet after giving birth. This is one way to teach your baby the foods of your culture. Studies have actually shown that babies will feed longer at the breast after mom has eaten garlic!

● **Myth: If I’ve had breast implants, a reduction, or other breast surgery, I can’t breastfeed.**
  ○ **Fact:** Having a breast surgery does not necessarily mean you can’t breastfeed. Depending on the type of surgery and where incisions were made, the ducts in the breast may have been affected… but, this should not stop you from even attempting to breastfeed. Your baby will likely need to be monitored closely to ensure adequate growth.

● **Myth: If I drink any alcohol at all, I need to “pump and dump”.**
  ○ **Fact:** Alcohol does pass through in breastmilk, and babies often do not like the taste. Alcohol does not stay “trapped” in the breastmilk, it passes back and forth as your alcohol levels change, so there is no need to “pump and dump.” Daily alcohol intake should be no more than 0.5g/kg of your weight. So a woman that weighs 60kg (132 lbs), this would be 2-2.5oz of liquor, 8oz of wine, or 2 cans of beer. Drinking alcohol does NOT increase your milk supply.

MORE FACTS ABOUT BREASTFEEDING

● Compared with breastfed babies, *formula fed babies are at greater risk for:*
  ○ Acute ear infections
  ○ Intestinal issues
  ○ Lower respiratory tract infections
  ○ Atopic dermatitis
  ○ Asthma
  ○ Obesity
  ○ Type 1 and 2 diabetes
  ○ Childhood leukemia
  ○ Necrotizing enteritis (NEC)
  ○ Sudden infant death syndrome (SIDS)

● Women who choose to breastfeed are at *less* risk for:
  ○ Breast cancer
  ○ Ovarian cancer
  ○ Type 2 diabetes
  ○ Heart attack
  ○ Postpartum depression