

# COMMON MYTHS ABOUT BREASTFEEDING

## #1. BREASTFEEDING ONLY BENEFITS BABY'S HEALTH



**FACT: NURSING REDUCES THE MOTHER'S RISK OF BEING OVERWEIGHT, TYPE 1 AND 2 DIABETES, HIGH CHOLESTEROL, LEUKEMIA, AND MANY OTHER MEDICAL CONDITIONS.**

## #2. YOU SHOULDN'T NURSE IF YOU ARE SICK

**FACT: CONTINUING TO BREASTFEED WHILE YOU ARE SICK ACTUALLY HELPS PROTECT YOUR BABY FROM ILLNESS. THE GERM-FIGHTING ANTIBODIES THAT YOUR BODY IS BUSY MAKING ARE TRANSFERRED TO YOUR BABY THROUGH THE MILK.**



## #3. BREASTFEEDING CAUSES YOUR BREASTS TO SAG

**FACT: BREASTS WILL GET LARGER DURING PREGNANCY, WHETHER OR NOT YOU BREASTFEED. THIS PUTS EXTRA STRESS ON THE LIGAMENTS THAT SUPPORT THE BREASTS. MORE STRESS EQUALS EXTRA SAGGING.**



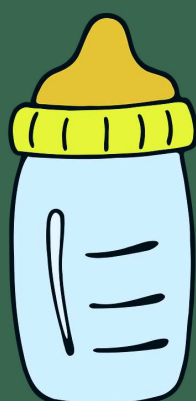
## #4. IF YOU HAVE SMALL BREASTS, YOU WON'T PRODUCE ENOUGH MILK

**FACT: SIZE DOES NOT MATTER! DURING PREGNANCY, BREAST TISSUE GROWS IN ORDER TO FEED YOUR BABY.**



## #5. MUST GIVE BABY WATER AFTER BREASTFEEDING

**FACT: EXCLUSIVELY BREASTFED BABIES DO NOT NEED ADDITIONAL WATER-- BREASTMILK CONTAINS 88% WATER AND SUPPLIES ALL THE FLUIDS THE BABY NEEDS.**



## #6. BABY NEEDS TO LATCH ONTO NIPPLE

**FACT: THE BABY SHOULD HAVE A MOUTHFUL OF BREAST WITH THEIR LOWER LIP COVERING THE BASE OF THE AREOLA AND A LITTLE BIT OF THE AREOLA TISSUE SHOWING ABOVE THEIR UPPER LIP.**

