



Helping parents go from chaos to calm

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### 10 Breastfeeding Myths debunked!

1. My mother and grandmother couldn't breastfeed So I can't. It's genetic.

Fact: Your ability to breastfeed does not rely on if your family can. Each person is individual. Getting the right support early on can help just about anyone succeed!

2. You have to give babies formula until the milk comes in

Fact: Colostrum is all your baby needs those first few days. Transitional milk will show up about day 3-5 .

3. Pain in latching and cracked and bleeding nipples is normal.

Fact: It is not normal. Common maybe but not normal. Getting help early on from good support can help. Breastfeeding is not suppose to hurt.

4. My mom/ grandma told me I need to scrub my nipples with a toothbrush or a brillo pad to condition them.

Fact: You do not need to toughen up your nipples. Breastfeeding should feel like a pulling sensation when done correctly. It is NOT suppose to hurt.

5. Breastfeeding while pregnant puts you at risk for miscarriage or early labor.

Fact: If you are at risk for pre term labor then watching how your contractions come along and ho often is important. However, Breastfeeding a baby while pregnant is perfectly fine for anyone not high risk for preterm babies.

6. Breastfeeding is not natural/the norm.

Fact: Breastfeeding is a biological norm for all mammals. We are mammals and our babies expect to breastfeed at birth.

7. If you have large breasts you will suffocate baby!

Fact: while you do have to be aware of always making sure baby has an open airway, in any situation, breast

size should not hinder a safe experience when you are aware of being safe.

### 8. Breast milk causes tooth decay.

Fact: Once babies get teeth, proper teeth care is important however, it is with any substance. Breastmilk is no different.

### 9. Small boobies can't make enough milk.

Fact: Size doesn't determine how much milk is made. Any size breast can feed a baby ( or three !)

### 10. Breastfeeding MUST hurt!

Fact : Breastfeeding is not suppose to hurt. While it is common that it does, often from poor postpartum support, often it is easy to remedy with a good knowledgeable breastfeeding counselor.

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