

The Myths of Breastfeeding



Common Misconceptions And Concerns

Once you go back to work, you will have to wean. This is not true. If you commit to pumping, you can give your baby breastmilk as long as you wish. You should pump at least three times a day while at work. Be sure to get a breast pump through your insurance company.

If you have small breasts, you will not produce enough milk. Size does not matter. The breast tissue grows in response to pregnancy and are capable of producing enough milk for your baby.

A breastfed baby will not sleep through the night until she/he starts eating solid food. Your baby will sleep through the night when he/she is ready.

Breastfeeding will hurt. The initial soreness (not pain) will improve 2 to 4 days after delivery. Frequent breastfeeding position changes initially will also help. If you experience pain, seek advice from a lactation consultant.

I am going to have a c-section, so it will be too hard. Your nurse can help you find comfortable breastfeeding positions for you to help keep the baby off your incision.

Nobody in my family breastfed. In the past many women did not know all of the benefits of breastfeeding. Now we know how important it is to breastfeed.

My breast will sag. Pregnancy causes changes in your breast, not breastfeeding. Wear a supportive bra.

I don't have enough milk. After the initial normal weight loss in the first week, your baby will gain back their birth weight by 2 weeks. If you are concerned, take your baby for a weight check up at the outpatient lactation clinic or pediatrician's office.

One way to tell if your baby is feeding well is the amount of wet and stools they have within the first 3-7 days.

Day 1: 1 wet diaper and 1 stool diaper

Day 2 : 2 wet diapers, 2 stool diapers

Day 4 : 4 wet and 3- 4 stool

Day 7 : 6-10 wet diapers, 3-12 stool diapers

Between 72-96 hours after birth, you should feel breast fullness and hear frequent swallowing while your infant feeds.

