

MYTHS SURROUNDING BREASTFEEDING

1. **I do not have enough milk!** As soon as the baby is born and laid on her mother's breast, we often hear the mother say "I don't have any milk!" The truth is, almost no woman has milk when her baby is born! Milk comes in 2-5 days after the birth. The thin substance secreted during these first days is called "colostrum" Colostrum is precious, rich in minerals and antibodies to protect your baby from infection. In the first days before your milk comes in you should feed baby often because the baby's suckle will tell your body how much milk you need! Mothers often worry that baby is constantly hungry because they want to suckle all the time. Remember that baby also wants to be close to you! As well, baby's digestive system doesn't really kick in until a few days after birth - perfectly timed to coincide with the let down of your milk! *Nature is so pure and perfect!*
2. **Breastfeeding hurts!!** Breastfeeding doesn't have to hurt. It may take your nipples a couple of days to get used to the stimulation, but real pain simply means that the baby isn't in the best position. Almost always, when mother learns to position her baby correctly, nipple pain stops.
3. **If I am sick, my milk will hurt my baby!!** This is another of nature's miracles: breastfeeding when you're sick actually protects your baby! Your body produces antibodies to the germs making you ill and you pass these on to your baby through your milk. If you were to stop breastfeeding during these times, your baby would maybe get sick with the same infection that you have.
4. **I will not be able to breastfeed because my nipples are flat or inverted!!!!...!** It is true that flat or inverted nipples may make it more difficult to get started with breastfeeding. But most women with flat or inverted nipples can breastfeed successfully! It will be important to prepare before your baby arrives by using shells or cutting holes in your bras so that your nipples will be able to form. We will work with you after the birth with techniques and tricks - you will be able to do it!

LA LECHE LEAGE OF ARIZONA: 602-234-1956