

Isn't breastfeeding embarrassing?

You may be surprised at how easy it is to breastfeed without others noticing – it just takes practice. Try asking other moms for ideas. Did you know that many restaurants, stores and public places display “A Baby-Friendly Place” sticker that welcomes mothers to breastfeed?

Won't I have to quit breastfeeding when I return to work?

Many women continue breastfeeding when they return to work. You can breastfeed your baby when you are at home and leave a bottle or cup of breast milk (or formula) when you are away.

Who can help me with breastfeeding?

A physician, midwife, nurse, lactation consultant, support group or a mother who has breastfed successfully may be able to give you the help you need.

Call **Health Connection** to speak with a **Public Health Nurse** about prenatal breastfeeding classes, support groups, clinics and other breastfeeding resources in your community...



Breastfeeding Your Baby



Common Questions

SIMCOE MUSKOKA
DISTRICT
HEALTH UNIT

The following are some *common questions* asked by women who are pregnant...

Is breast milk really better than formula?

Yes! Breast milk provides so much more than basic nutrition for babies. For example, breast milk helps protect your baby against ear, chest and stomach infections. Experts agree breast milk is best for babies, mothers and the environment.

Will I have to prepare my breasts during pregnancy?

No preparation is necessary. If you have any concerns about your breasts talk with your physician or midwife.

Won't breastfeeding be difficult?

Breastfeeding is a skill and may take time to learn. It's common for moms and babies to take 1 or 2 weeks to learn how to breastfeed. Once breastfeeding is going well many women find it easier and less tiring than formula feeding.

Doesn't breastfeeding hurt?

Breastfeeding should not hurt – if it does, something is wrong. In most cases slight changes in baby's position and latch are all that is needed. There are people who can help.

Do I have to eat special food when I'm breastfeeding?

No. Just eat a variety of healthy foods. Canada's Food Guide will give you ideas. Be sure to include the foods you love!

Don't fathers feel left out when their baby is breastfed?

Fathers have a very important role. Fathers reassure and support the new mom; they change, bathe, cuddle and play with baby. Fathers can attend a prenatal breastfeeding class with their partners to learn more about how they can help.

What if I don't have enough milk?

Many women worry about this. The fact is less than 1% of women are not able to make enough milk. Nature takes care of baby – the more often you breastfeed, the more milk you have. Yes, there's even enough for two or more babies!

Won't breastfeeding ruin my figure?

Breastfeeding does not change a woman's body. Changes in the mother's breasts result from pregnancy and aging. Breastfeeding helps your uterus return to its normal size after birth and helps use up body fat gained during your pregnancy.

Won't breastfeeding tie me down?

Mothers can breastfeed anytime, anywhere, anyplace! Breastfeeding does not require any special equipment. After the first 4 – 6 weeks breast milk can be given by bottle if you need to leave your baby.

Will I have to quit smoking?

Breastfeeding is still recommended even if you smoke. Smoke outside and get help quitting when you are ready.

I will breastfeed my baby because...

...I want what's best for my baby.

- Breastmilk is always fresh, warm and ready
- Breastmilk protects baby against ear, chest and stomach infections
- Breastmilk lowers a child's risk of getting diseases like diabetes
- Breastmilk lowers a child's risk of some childhood cancers
- Breastfeeding comforts baby when he's sick, upset or hurt
- Breastfeeding lowers the risk of Sudden Infant Death Syndrome
- Breastfeeding helps brain development
- Breastfed babies are less likely to have allergies or develop asthma

...I want what's best for me.

- Breastfeeding helps use up extra body fat gained during pregnancy
- Breastfeeding decreases the risk of getting breast and ovarian cancer
- Breastfeeding helps to keep bones strong

...nothing compares to it!

- Breastfeeding is a special way to give and receive love
- Breastfeeding saves time and money
- Breastfeeding decreases pollution and saves energy

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