Dispelling common myths about breastfeeding

One month of breastfeeding was enough
The World Health Organization (WHO) recommends exclusive breastfeeding for six months and continued breastfeeding with food until the age of two because of the benefits for mother and baby.

Breastfeeding hurts
Breastfeeding should not be painful. There may be discomfort when baby first latches. Seek help if feeding continues to hurt.

Formula milk is as good as mother's milk nowadays
Human milk is specially made for human babies. Milk changes constantly to protect and optimally grow your baby. Formula only tries to copy human milk and is missing many of the things in human milk important for babies to grow and be healthy.

There was no milk
Babies have very small stomachs at birth and only need small amounts of milk (1 feed = 1tsp). Milk volume goes up as baby’s stomach grows.

The baby did not want to latch
Some babies need extra help learning how to latch. Keep calm and be patient. Keep baby skin to skin.

Breastfeeding will disfigure my body shape
This is a common belief that is not true. Breastfeeding actually helps a mom lose weight and return to her pre-pregnancy body sooner.

To get advice about breastfeeding from a professional consultant, email your request to breastfeeding@sidra.org

Community Relations and Development division in partnership with Family Centered Services – Nursing Branch team