

# myth busting

KNOW THE FACTS ABOUT FEEDING!

Many families plan to breastfeed, chestfeed, pump milk, and/or bottlefeed their babies, or find they need to do so at some point. There are, unfortunately, many myths that have been perpetuated for decades about feeding babies and making milk.

During our hour-long **MythBUSTing** course (a recorded webinar) about lactation and infant feeding, you'll hear the facts that dispell the following common myths.

- Breastfeeding is natural, so a prenatal breastfeeding class isn't needed
- Skin to skin is just for the first hour after birth
- Milk "comes in" after baby is born
- Babies need to be fed every 2-3 hours
- Babies need to be burped during and after feedings
- Nurse 10-15 minutes per side
- Babies need two breasts, or a certain number of ounces, to be "finished" with the feeding
- Health insurance does not reimburse for visits/consults with IBCLCs for help with lactation and feeding babies
- It's normal for nursing or pumping to hurt, and even normal for nipples to be raw, cracked or bleeding
- Babies suck on nipples
- Babies need more and more milk as they grow, so having 8-9 ounce bottles available is important
- There are bottles and pacifiers that are "best for breastfed babies"
- Formula is \_\_\_\_\_.
- Breastfed or human milk-fed babies can go 7-10 days without pooping
- There is evidence that shows that 24mm flanges (and larger) should be the "standard" flange sizes for pumping milk.

A few bonus myths are also included!



The MythBUSTing course is for parents-to-be, parents, grandparents, childcare providers, doulas, nurses, other medical and allied health professionals, and anyone who works with babies!

Have questions or concerns? Just reach out!

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