

# “Booby” Traps: Top 5 Myths About Breastfeeding



New and seasoned parents are no strangers to unwarranted parenting advice, but a lot of the tips and little bits of input received are just downright wrong. Today we want to set the record straight on these top 5 myths about breastfeeding, starting with the most damaging of all:

## Myth #1: Breastfeeding is Painful



Untrue! Mums may experience some tenderness during the first few days of feeding, but this is temporary and should not be excruciating. Any pain that is beyond what one would consider “mild” is abnormal and is almost always the result of an incorrect latch. Fortunately there is loads of support in Australia to help you discover the right latch for you and baby and reduce any recurrence of pain. Consult your doctor or midwife, or make use of the free Australia Breastfeeding Association (ABA) helpline at **1800-mum-2-mum**.

## Myth #2: Mums Must Time Feedings

Unless medically necessary, mums should feed her bub as many times a day and for as long as baby would like on either breast, and not be concerned about a lack of milk production. In fact, research has shown that mums who breastfeed close to 10 times a day during the first 2 weeks have greater milk production than those who restrict feedings.

## Myth #3: Breastfeeding Causes Saggy Breasts

There are a number of factors that come into play to any changes in breast shape and size after baby is born that are far more significant than breastfeeding. Some factors include:

- **Genetics**
- **Age**
- **History of smoking**
- **Your BMI pre and post baby**
- **If you had a large pre-pregnancy breast size**
- **The number of pregnancies you've had**

## Myth #4: Mums Should Stop Feeding at 6 Months

There are significant benefits that come with exclusively breastfeeding your baby until 6 months, but there are even more benefits that come from breastfeeding after the age of 6 months. Babies who continue breastfeeding receive greater immunity against many illnesses. A study released in 2013 even revealed that there is a link between breastfeeding and improved cognitive development when babies are breastfed to their first birthday and beyond.



## Myth #5: Bottle Feeding is Easier

Breastfeeding may be more of a challenge initially, but once proper support is received it is significantly easier than bottle feeding. There's no need to seek out a spot to warm up formula, no cleaning required, and no spending hundreds if not thousands of dollars on expensive formula. Breastfeeding mums always have the most nutritionally complete food on deck and at the perfect temperature 24 hours a day – no clean up required!

Many mums have the concern of breastfeeding in public and often bring bottled milk to try and avoid that, but heating the milk is still a problem.

At **PeachyMama**, we have created a line of fashion-forward breastfeeding clothing that allows for discreet feeds that will keep you and your baby cool and comfortable. We welcome you to explore our website or ask us any questions at **1300-473-224**.

## Further Reading:

- <https://www.breastfeeding.asn.au/breastfeeding-helpline>
- <http://www.webmd.com/parenting/after-nursing>
- <http://www.medicaldaily.com/keep-going-moms-breastfeeding-past-6-months-can-make-your-child-smarter-248123>
- [http://www.nbc.ca/index.php?option=com\\_content&id=27%3Amyths-of-breastfeeding&Itemid=17](http://www.nbc.ca/index.php?option=com_content&id=27%3Amyths-of-breastfeeding&Itemid=17)
- <http://www.lli.org/nb/lvaprmay98p21nb.html>