

## Test Your Breastfeeding Knowledge

### True or False

1. There is no way to tell if the baby is getting enough milk
2. Breast milk contains antibodies, which help to protect the baby from infection
3. Breastfeeding helps new mothers to lose extra weight gained in pregnancy
4. Breastfeeding is painful and hard to learn
5. Breastfeeding saves time for the new mother
6. A nursing woman can not work or go to school
7. Women with small breasts have a hard time breastfeeding
8. A woman who smokes shouldn't breastfeed
9. Breastfeeding women cannot take the birth control pill
10. Babies should start food other than breastmilk at four months of age



## Breastfed Babies Are Healthy Babies

Formula fed babies may experience:

- Problems learning
- More ear and stomach infections, illness, and allergies
- Poor mouth development
- Less contact with moms; feedings with a propped bottle
- Increased risk of being overweight
- Less skin to skin contact
- More doctor visits

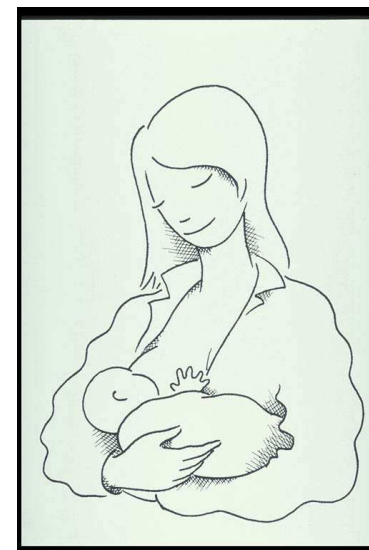
## Breastfeeding Benefits Aren't Just For Babies

- Saves money (no formula to buy)
- Burns calories to help mother lose weight gained by pregnancy (even when lying down!)
- easy and saves time
- Long-term benefits – may lower the risk of or delay breast cancer
- helps uterus to return to normal
- decrease risk of brittle bones

For more information about breastfeeding call the Thunder Bay District Health Unit at 625-5972.



# BREASTFEEDING Making the Choice for Me



## A GUIDE FOR MOTHERS

## Answers

### It's The Stuff Inside That Counts!

The ability to breastfeed has nothing to do with breast size, and everything to do with the inside “plumbing”. Size is related to fat tissue in the breast and not to the glandular or milk making tissue. It is very rare for our breasts not to work. Many mothers who believe they do not have enough milk may have misunderstood how milk supply works and misread their baby's behaviour.

### Remember:

- Breastfeeding is natural and an extension of pregnancy and childbirth
- Colostrum is the perfect first milk present during pregnancy and is rich in antibodies and nutrients
- Milk increases at about 2-3 days after birth
- Milk is produced on a supply and demand basis ~ the more the baby feeds the more milk the breast will make
- Feed often, avoid soothers, bottles and supplements
- Keep your baby with you
- Get help if you are having any problems

*Health Canada recommends breastfeeding up to 2 years and beyond.*

1. False. Checking the frequency and number of the baby's bowel movements and wet diapers will show if the baby is getting enough milk. After the first 3-4 days, the bowel movements should be increasing to 2-3 movements and 6 wet diapers per day.

2. True. Breastfeeding has shown to decrease the baby's risk of respiratory illness, ear and stomach infections and reduces chance of allergies.

3. True. Breastfeeding may help you lose the weight you put on during pregnancy due to the calories your body will burn up from making breastmilk.

4. False. Breastfeeding is not normally painful. Sore nipples may occur because the baby is not positioned/latched properly, or the baby is not suckling properly, or both. Breastfeeding is not hard to learn, however, new mothers must remember that they must learn to breastfeed, along with their new baby.

5. True. Breastmilk is always ready-to-serve and at the right temperature for the baby. Whereas using formula needs sterilization of the bottle and nipples as well as warming to the right temperature.

6. False. A nursing mother may pump or express breastmilk to feed her baby when she is unavailable, or can have someone bring the baby to her at work or school to allow for breastfeeding during a break.

7. False. Women with small breasts do not have trouble breastfeeding. The inside “plumbing” of a woman's breast is what is required to well at breastfeeding.

8. False. If the mother cannot stop smoking, it is better that she breastfeed her baby because breastfeeding has been shown to lower the harmful effects of cigarette smoke on the baby's lungs. However, smoking may lower milk production and expose the baby to second-hand smoke. Therefore, the smoking mother should try to smoke outside and away from her baby.

9. False. Some women find that the birth control pill lowers milk supply, therefore different forms of birth control are encouraged. However, if the pill must be used, a progestin only pill is preferred.

10. False. Breastmilk only (exclusive breastfeeding) is recommended for the first 6 months of life by Health Canada.

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