

MYTHS ASSOCIATED – WITH – BREAST MILK



Myth 1

You will not make sufficient breast milk in the initial days after childbirth.



Myth 2

You have to drink milk to make milk.



Myth 3

Formula and breast milk are nutritionally equivalent.



Myth 4

Skipping breastfeeding sessions helps breasts rest which helps produce more milk.

Reference

1. Ten Myths and Facts about Breastfeeding; Children's Hospital Los Angeles