

these myths

to ensure that

both mothers

and babies

receive the

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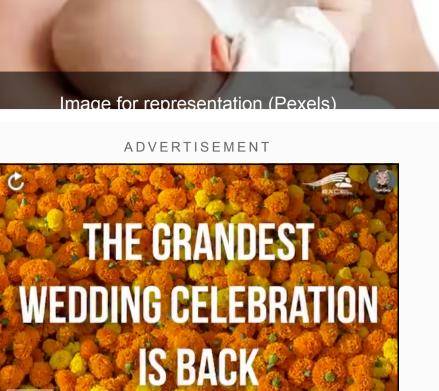
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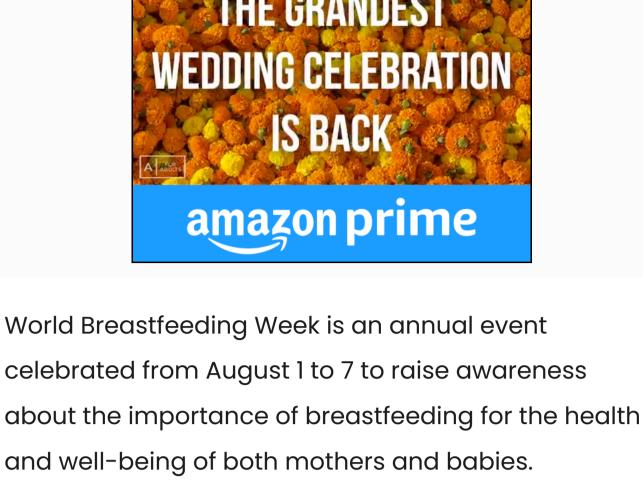
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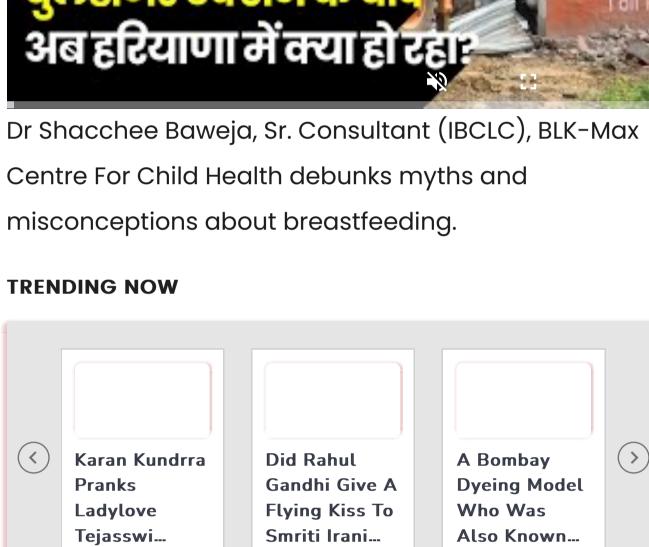






and well-being of both mothers and babies. Breastfeeding, a natural and essential aspect of motherhood, has been subject to a plethora of misconceptions and myths over the years. As we delve into the world of nurturing infants, it is crucial to eliminate these unfounded beliefs to ensure that both mothers and babies receive the optimal care they deserve. By gaining a better understanding of these misconceptions, we can empower mothers with accurate information and promote a healthier and more fulfilling breastfeeding experience for both mother and child.

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Myths And Facts Surrounding Breastfeeding

The widely prevalent myths surrounding

undermine breastfeeding.

supplementation, etc.

Day 1 After A C Section

Natural Breastfeeding, like walking, is a learned act. While it is natural, it doesn't always come easily for every mother and baby. It can take time and practice for both to establish a comfortable feeding routine.

Like traumatic birth, maternal-infant separation,

It is possible to feed the moment a baby is born,

unavailability of skilled support, injudicious

debunk some common myths which can grossly

on to the breast and who can also teach the husband / other family member how to do it. Most of the medications used during C sec (anesthetics/pain relief/ antibiotics etc) are also compatible with breastfeeding. MYTH 3: A Mother Needs To Clean Her Nipples Before Breastfeeding

germ-free. When we try to clean it, there is more

chance of introducing germs.

small amounts by the baby.

One cannot check the amount of milk in breasts by squeezing them. MYTH 5: Herbs/ Powders/ Milk Intake/ Special Diets Are Needed To Make **Enough Milk** Breastmilk production depends on the principle of demand and supply. So adequate breastfeeding and proper latch are key factors in milk production.

Normal While Breastfeeding Breastfeeding shouldn't be painful. While some discomfort may occur during the initial days as you and your baby adjust, ongoing pain could indicate an

experienced professional.

for her baby.

And Should Not Be Used

Nipples To Breastfeed

supply and baby's suckling.

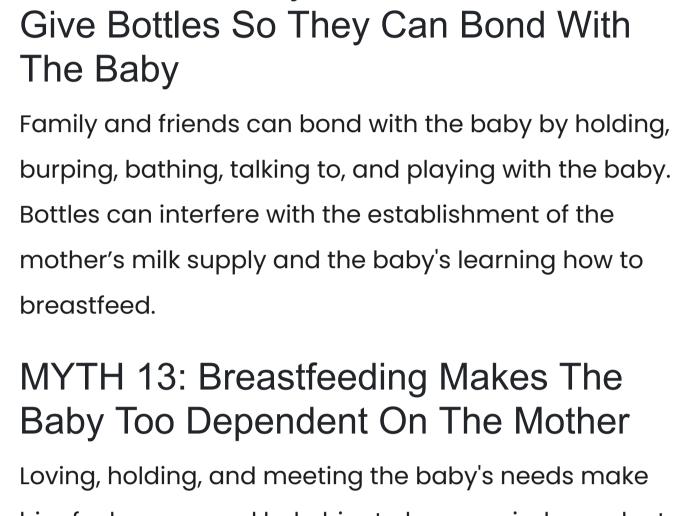
Ducts

Breast pumps, if used correctly, are very helpful in certain situations. If due to any reason a baby is not feeding or feeding well from the mother (ex separation, prematurity, oral restrictions, joining back work, etc.), a mother can use a breast pump to regularly extract milk and provide

common, is not helpful rather they cause harm and injury. MYTH 9: Nipple Shields Are Very

manage them is working on the latch and measures to decrease the inflammation (as opposed to the older recommendations of trying to vigorously drain the breast). You May Like

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Is Producing

your milk supply.

received.

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they give on breastfeeding. ADVERTISEMENT

you better about challenges related to breastfeeding. MYTH 15: Breastfeeding Makes The **Breasts Sag** Pregnancy, heredity, and aging cause the breasts to sag, not breastfeeding. **RECOMMENDED STORIES**

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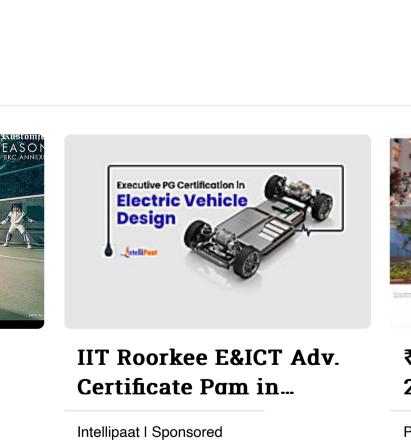
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