

# 10 Facts About Breastfeeding



- 1. Breastfeeding is easy.**  
There is nothing to prepare. Milk is always available.
- 2. Breastfeeding should not hurt.**  
If done properly, only a little tenderness in the first few days may result, but this passes quickly. Learn the right way to nurse your child.
- 3. Women with small breasts can breastfeed.**  
The amount of milk a mother makes depends on how often her baby nurses, not on the size or shape of her breasts.
- 4. Breastfeeding will not tie you down.**  
If you can take your baby with you, your milk will be ready when the baby is hungry. If you have to be away from your baby, you can leave your milk for others to feed your child.
- 5. Breastfeeding will not make your breasts sag.**  
Your breasts grow larger during pregnancy in preparation for breastfeeding. A supportive bra worn during pregnancy and while breastfeeding will help prevent sagging.
- 6. You do not have to drink milk to make milk for your baby.**  
All you need is a healthy diet while you are nursing. You will need extra fluids and should drink juice, water, soups, milk shakes or other nonalcoholic beverages.
- 7. You can breastfeed if you are going back to school or work.**  
Breast pumps or hand expression of breast milk allow moms to continue breastfeeding when they are away from their child. Breast pumps are available at most pharmacies and can be rented through COI. Some moms combine formula and breastmilk while working.
- 8. Breastfeeding does not leave other family members out.**  
Family members can help in other ways beside feeding. Bathing, diaper changing and play-time are good opportunities to share in a baby's growth and development.
- 9. You can breastfeed if your baby was born by C-section.**  
Your body is ready to breastfeed regardless of how the baby is born. Surgery or pain medicine will not affect how much milk you make.
- 10. You can use some forms of birth control when you breastfeed.**  
You can safely use only the following contraception when breastfeeding: foam, condoms, diaphragms, IUD's, DepProvera, Norplant, and low dose progesterone pills.

***The information provided at this site is intended only as a complement to the advice and treatment of your health care professionals.***