Promotora read: Please choose one card at a time. Together we can read the sentence on the back of the card, and then you can tell me if you think the statement is true or false. Then I will share some additional information with you about each topic. Feel free to ask questions!

1. "Babies do not need infant formula."
FACT: Breastmilk is the healthiest food for babies and babies need only breastmilk for the first 6 months of life.

2. "Babies fed formula have a higher chance of getting sick."
FACT: Formula does not have immunities to protect from illness like breastmilk does. *IMAGE Breastmilk vs Formula

3. "Negative thoughts or feelings go into breastmilk."
MYTH: Breastmilk is the best food for babies, is full of wonderful nutrients, and does not contain any stress or fear hormones. Breastfeeding while stressed can help calm a mother and baby.

4. "How dads feel about breastfeeding is important to the mother."
FACT: The baby’s father is the most important person in a mother’s decision to breastfeed.

5. "There is nothing for a husband to do when a mother breastfeeds."
MYTH: Mothers need to hear they are doing a great job! You can also support her by bringing her a drink or snack and then burping the baby when they are done!

6. "Breastmilk lasts in a bottle longer than formula."
FACT: Breastmilk can remain in a bottle for 4-6 hours at room temperature, but once made, formula must be used in one hour. *IMAGE storage guidelines

7. "You can refrigerate/freeze breastmilk."
FACT: Breastmilk can be refrigerated for up to 5 days and is still perfectly good to give your baby. You can also freeze milk and save it for longer!

8. "Colostrum (the first milk) is bad for a baby."
MYTH: Colostrum is one of the most important things to feed your baby! Colostrum is full of immunities that help protect a new baby from illness. *IMAGE Breastmilk vs Formula

9. "If a woman breastfeeds, it makes her breasts saggy."
MYTH: The act of breastfeeding does not make a woman’s breasts saggy. However, having a baby can affect your body in many ways. Breastmilk is the healthiest food a baby can have and it is what breasts were made to do!

10. "A woman should not drink alcohol the entire time she is breastfeeding her baby."
MYTH: If a woman drinks any alcohol, she should wait to breastfeed her baby until she is completely sober again. It is recommended that breastfeeding moms limit their alcohol intake to 1-2 drinks, no more than twice a week.
11. “Pump and dump does not get rid of the alcohol in breastmilk.”
FACT: Pump and dump will not take the alcohol out of breastmilk. Instead, a mom should wait until she feels sober to breastfeed. At that point, the alcohol will no longer be running through her body, or in her breast milk.

12. “It is legal to breastfeed in any public place in (Michigan/Ohio/ Florida).”
FACT: There are laws that support breastfeeding mothers to breastfeed in public. Any place you are legally allowed to be (restaurants, grocery stores, the beach) you have a legal right to breastfeed.

13. “If a breastfeeding baby is too thin, it is good to supplement with formula.”
MYTH: Babies, just like adults, come in all shapes and sizes. As long as your doctor gives your baby a clean bill of health, then his weight is not an issue. It is always better to give your baby breastmilk than to give him formula.

14. “Drinking beer will increase a woman’s milk supply.”
MYTH: Although some women claim beer helps them relax and produce more milk, this isn’t true for most women. The best way to increase milk supply is to breastfeed more often. The more milk you drain from your breasts, the more milk you will make. Be sure to let baby finish one breast completely before offering the other. Don’t schedule feedings; let your baby eat when they are hungry.

15. “Breastfeeding may help a woman lose the weight she gained during pregnancy.”
FACT: A woman who is breastfeeding can burn an additional 300-500 calories per day. This can contribute to post-pregnancy weight loss.

16. “A woman should not have sex during the months or years that she is breastfeeding.”
MYTH: After giving birth, a woman should generally wait at least six weeks until having sex. Besides that, a mother may still participate in sexual activity during the months she is breastfeeding.

17. “Babies should only be breastfed until they are one year old.”
MYTH: Breastmilk is the healthiest food and there is never a set time when it is no longer healthy for a child. Babies should breastfeed as long as mother and baby want. It is recommended that babies be breastfed for at least two years.

18. “If you have small breasts you can’t breastfeed.”
MYTH: Breast size doesn’t matter! The more baby drinks at the breast, the more milk the breasts will make. Breastmilk is the healthiest food for babies, so feed them as much as you can!

19. “Some mothers don’t have enough milk in the first few days.”
MYTH: Babies have tiny tummies when they are born and only need a small amount of colostrum (milk) – feed the baby whenever they are hungry to make a great milk supply! *IMAGE Tummy Size

20. “Babies need to “eat” 8-12 times per day.”
FACT: Babies have tiny tummies when they are born and only need a small amount of colostrum or milk to feel full. Feed the baby more often to stimulate making more milk. *IMAGE Tummy Size

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