

Myth *or* **Fact**

**MANY WOMEN
DO NOT
PRODUCE
ENOUGH MILK.**

Myth *or* **Fact**

**It is normal
for
breastfeeding
to hurt.**

Myth *or* **Fact**

**Babies need to know
how to take a bottle.
Therefore a bottle
should always be
introduced before
the baby refuses to
take one.**

Myth *or* **Fact**

**Breastfeeding
in public is
decent and
acceptable.**

Myth *or* **Fact**

**Women whose
breasts do not
enlarge or
enlarge only a
little during
pregnancy, will
not produce
enough milk.**

Myth *or* **Fact**

**A mother whose
breasts do not
seem full may
still have plenty
of milk in the
breast.**

Myth *or* **Fact**

Breastfeeding a child more than one year, makes the child too dependent.

Myth *or* **Fact**

A MOTHER WHO SMOKES CAN NOT BREASTFEED.

Myth *or* **Fact**

Pumping is not a good way of knowing how much milk the mother has.

Myth *or* **Fact**

Breastfeeding causes saggy breasts.

Myth *or* **Fact**

Having breast implants or reductions will prevent you from breastfeeding.

Myth *or* **Fact**

Donated human milk is an option for women who are unable to provide milk for their babies.