

Breastfeeding

5 Common myths impacting your breastfeeding journey

EBOOK GUIDE



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Dads, Partners and other close caregivers have such an important role in their baby's lives. There are many ways you can provide a nurturing and social-emotional role in your baby's life.

- Engaging in skin-to-skin contact through baby-wearing or cuddling helps promote emotional closeness and regulates your baby's heart rate and breathing.
- Reading stories enhances language development and provides a soothing presence for your baby.
- Participating in bath time, whether it's splashing in the tub or gently drying them off, offers sensory stimulation and reinforces a sense of security.
- Singing or playing gentle music to your baby can create a calming environment and expose them to different sounds.
- Involving newborns in daily routines, such as accompanying you during exercise time outdoors, allows your baby to experience various stimuli and foster a sense of trust and connection.



*Early attachment between newborns and dads (or fathers) is crucial for the emotional, social, and cognitive development of the child. While mothers traditionally play a primary role in caregiving, research has shown that fathers' involvement from the earliest stages of a child's life brings about numerous benefits

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Small breasts are biologically capable of producing breast milk. The size of a woman's breasts does not necessarily determine her ability to produce milk.

- The production of breast milk is primarily controlled by hormones and physiological factors, not breast size.
- Breast tissue contains mammary glands, which are responsible for producing breastmilk.
- The amount of breast tissue and the number of milk-producing cells are influenced by many factors such as, genetic factors, hormonal changes during pregnancy, and the process of lactation itself.
- Regardless of breast size, your hormones trigger the changes of growth and development of your mammary glands. After childbirth, your hormone prolactin, stimulates milk production, and the act of breastfeeding helps maintain milk supply through a process called supply and demand. The more your baby breastfeeds, the more milk your body produces.

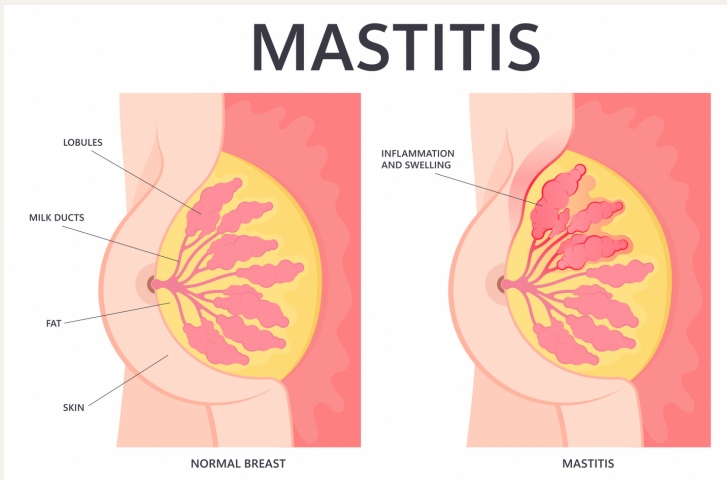


*Breastfeeding can be successful and fulfilling for women with breasts of all sizes. If you have concerns about breastfeeding or milk production, it's a good idea to consult with a lactation consultant or a healthcare professional who can provide guidance and support.

Mastitis is inflammation of the breast tissue.

Sometimes mastitis is caused by infection, but most cases are a result of milk making cells breaking open into the surrounding tissue of the breast causing inflammation.

- Symptoms of mastitis peak between 24-48 hours.
- Majority of mastitis cases are not bacterial infections and therefore antibiotics will not clear the inflammation, clear symptoms or solve the underlying cause.
- Symptoms of inflammatory mastitis can include: fever, swelling, pain, redness, heat along with other flu like symptoms.
- Treating the inflammation and managing symptoms early is essential and reviewing the underlying cause is key in the management and prevention of recurrence.
- Correct mastitis massage techniques, symptom support and continuing to breastfeed your baby is essential.
- Seek support from your health care provider if you rapidly decline at any time or do not improve after 48 hours.
- Seek support from an IBCLC to learn how to manage mastitis and prevent recurrence of infection.



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Breastfeeding should not be painful. It may take a little time for you and your baby to get used to the skill of breastfeeding but pain in or around the breast and nipples is not expected.

- Pain often indicates an issue that needs addressing.
- A correct latch, where the baby's mouth covers not just the nipple but also a significant portion of the areola is crucial to prevent soreness and pain.
- Pain can indicate several issues that can be corrected with the support of a breastfeeding professional or may require further investigation into other underlying causes in the mother or baby.
- Common causes of pain include, but are not limited to, tongue ties, nipple damage due to poor attachment, breastfeeding positioning, and mastitis.



*It is important to seek support from an IBCLC for ongoing pain experienced during breastfeeding to identify and resolve underlying causes

The world health organisation (WHO) recommends exclusive breastfeeding for the first six months of your baby's life. After the first six months, the WHO recommends continuing breastfeeding while introducing complementary foods and then continuing breastfeeding up to two years of age or beyond.

- Breast milk provides essential nutrients and antibodies that protect your baby against infections, promote optimal growth, and support cognitive development.
- Breastfeeding can provide continued nutritional and immunological benefits your child grows. Breastmilk contains antibodies and other protective substances that help support your child's immune system and provide defence against various illnesses that changes with your child's age and adapts to their needs.
- Breastfeeding can be a source of comfort for older babies and toddlers, especially during times of distress and illness.
- Breastfeeding releases hormones like oxytocin and endorphins, which can act as natural pain relievers for your baby.
- Breastfeeding can aid in regulating your child's sleep patterns.
- Breast milk is easy to digest and can help support your baby's healthy gut microbiome.
- Breastfeeding can help reduce stress levels for both you and your growing baby.
- Breastfeeding also offers many health benefits to mum.



*Breastfeeding is a personal journey between each mother and baby. discussing your goals prior to your baby's birth or early in your journey can help you achieve your goals however long or short they may be