

## Questions about breastfeeding?

You hear a lot about giving your baby your milk but still you may have questions. Some questions may be:

**Does breastfeeding really make a difference? Yes.** When you look at a large group of children, those who were breastfed are less likely to be overweight, less likely to have ear and chest infections or tummy upsets, and likely to do better in school. Mothers who breastfeed tend to lose excess pregnancy weight easily and can be at lower risk of some types of breast cancer, diabetes and depression.



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**Does it hurt? It shouldn't.** Mothers have fed their babies for thousands of years. If you find it painful then get help from a skilled person. Most difficulties can be made better.

**Do I need to buy a breast pump and other equipment? No.** You do not need to buy all the products marketed for breastfeeding. All you need is you and your baby. Expressing milk by hand is an easy skill to learn. Talk to experienced mothers before buying a lot of things.

**Will people comment or look at me if I feed around other people? Maybe.** They may notice how content your baby looks. Some people not used to seeing breastfeeding may not know where to look. If you keep smiling and talking, they will relax. There are always a few people who will make unpleasant remarks because they have problems in themselves. They might say your clothes are or make a negative comment about you feeding your baby. Remember that you are doing good for your baby and try to ignore these negative comments. You cannot be asked to leave a public place because you are feeding.

**Does breastfeeding take more time than formula feeding? No.** Feeding and caring for any baby takes time. You have a hand free and you can drink a cup of tea, play with an older child, or even tidy up while baby feeds. Mother's milk is the only meal you can make in your sleep! No preparation for feeds and no washing up.



**Are breastfeeding babies awake more? Maybe.** Mothers' milk is easy to digest and babies are more comfortable with smaller frequent feeds. Some feeds may be short and some longer, just like how you might want a snack or a big dinner.



**Will I have enough milk? Yes,** nearly all mothers produce milk after their baby is born. Baby takes milk and more milk is made. You can see by what comes out that something must have gone in! If a mother has any difficulty most of the time this can be solved with help from a person who knows about helping breastfeeding mothers.

**If I am taking medications can I breastfeed? Yes in most cases.** Breastfeeding is ok with most medications and health conditions. Discuss with your doctor or midwife as sometimes a medication needs to be changed to one that is better when breastfeeding.

**If I want to talk about this can I ask someone? Yes.** Your midwife, public health nurse or GP nurse, lactation consultant, doctor and volunteer mother support groups are all happy to talk to you more.



This is general information. Discuss your specific needs with your midwife or doctor.

Like more info sheets? Visit the BFHI web site

