

## CHAPTER 16 – WRONG BELIEFS AND MYTHS

- ☞ Powder (tinned milk) or other types of milk are superior to breast milk
- ☞ Colostrum (breast milk in the initial few days of delivery) cannot be given as it is 'heavy'.
- ☞ Baby should be given honey or jaggery water and breast milk should be started on 2<sup>nd</sup> 3<sup>rd</sup> day.
- ☞ If baby stops frequently while breast-feeding it means that it does not like breast milk / breast milk is not flowing freely/ it will not be able to digest breast milk.
- ☞ Breast-feeding has to be given in a particular position.
- ☞ Mother's diet affects baby because of breast milk therefore hot / cold / gassy foods cause colic, pain, cold etc. Therefore, mother has to change her diet.
- ☞ Baby has to be breast-fed for specified times only.
- ☞ Baby can be kept at the breast for a particular period only.
- ☞ Mother should drink lots of water even if not thirsty, to stimulate milk production.
- ☞ Amount of milk produced depends on the size of breast. The bigger the breast, more the amount of milk produced.
- ☞ Breast-feeding spoils beauty of breast and body
- ☞ Breast-feeding leads to tiredness, loss of weight and weakness.
- ☞ Breast-feeding children should take tonics.
- ☞ Overflow of milk is sign of excess production.
- ☞ Diseases are transmitted by breast milk hence if mother gets severe cold or cough, fever, then feeding should be stopped.
- ☞ If cesarean operation has been done, there will be difficulties in breast-feeding.
- ☞ In case of twins, there is not enough milk for both children.

- ☞ Breast-feeding during pregnancy is voluntary.
- ☞ In case of problems involving baby's ear/ nose or eye, breast milk can be instilled there to provide relief.
- ☞ In case of engorged breast or sore nipple breast-feeding should be stopped.
- ☞ Frequent regurgitation of milk is sign that child is not able to digest breast-milk
- ☞ Baby can be kept exclusively on breast milk for 1 ½ to 2 years.
- ☞ Supplementary foods should be given only after teeth have erupted.
- ☞ When baby has diarrhea, feeding should be stopped as milk causes diarrhea.
- ☞ Once milk has 'dried up' its flow does not start again.
- ☞ If quantity of milk is less or milk dries up during one delivery, then similar thing will occur again.