



BREASTFEEDING MYTHS

FALSE

- ✓ Babies can overeat at the breast.
- ✓ Babies need to eat every 3-4 hours.
- ✓ Moms need to drink more water to make more milk.
- ✓ Breastfeeding is supposed to hurt.

TRUE

- ✓ Mom needs to sleep when the baby sleeps.
- ✓ Breast milk is all the nutrition a baby needs for the first 6 months of life.



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