

Truth Myth

The 8 Truths and Myths of breastfeeding

A quick reference guide to navigating
breastfeeding your child



Truth

In fact, your baby needs breast milk to fight gut infection and prevent other digestive problems

Myth

Don't breastfeed the baby if it is nauseous or suffers from diarrhea



Truth

Don't worry! Your breast milk has a very small amount of medicines but your baby won't be bother by it

Myth

Women on medication should not breastfeed



Truth

Your diet does not affect the quality of your breast milk. But is important to eat a well-balanced diet to not be malnourished

Myth

The mother's diet decides the milk composition



Truth

Breast milk can be refrigerated and used for up to 5 days. If the breast milk is not refrigerated, it should NOT be used after 4 hours

Myth

Refrigerated expressed breast milk cannot be used the next day



Truth

Your baby needs the breast milk right away even after your C-section. If you can't nurse the baby, your presence will help the child with the breastfeeding later.

Myth

Women should not breastfeed after C-section



Truth

You can drink cold beverages during lactation, since viral infections do not get transmitted through the breast milk

Myth

Drinking cold beverages can infect the child



Truth

To prevent constipation, wait for at least 40 days after the delivery before eating spicy food.

Myth

Nursing mothers should not eat spicy food



Truth

As long as your babies are healthy and the breastfeeding is successful, your body will produce enough milk for the children

Myth

Mothers of twins won't produce enough milk to feed both babies



Amref Health Africa
PO BOX 27691-00506 Nairobi, Kenya
Tel: +254 20 699 3000
Email: info@amref.org
Website: www.amref.org
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