

Truth

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

#BreastMilkBestMilk
#breastfeedingweek
#TruthAboutBreastMilk
#Milk4Afrika

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

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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

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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

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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.

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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

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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

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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

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Myth

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