

HEALTH TIPS

Make Health Happen

Breastfeeding facts and myths

CHOOSING TO BREASTFEED IS A PERSONAL CHOICE. YOU WILL HAVE TO DECIDE WHAT IS BEST FOR YOU AND YOUR BABY.

Things to think about

- Breast milk provides the nutrients your baby needs to grow and be healthy.
- You can pump breast milk into a bottle and keep it refrigerated for five days.
- Breast milk is free! Be sure to eat healthy and drink lots of water.

Breastfeeding helps you and your baby bond. This is also true for bottle-feeding. Pick what's right for you and your baby. If you start breastfeeding but switch to bottle-feeding, that's OK, too.

True or false?

1. Breast milk is better for your baby than formula.
True. For most babies, colostrum (coh-LOSS-trum), the thick yellow breast milk made during pregnancy and just after birth, is easier to digest than cow milk or soy formula.
2. Breast milk helps fight diseases.
True. Antibodies in breast milk can reduce the risk of earaches, allergies, Type 1 diabetes and even SIDS (sudden infant death syndrome).
3. Breastfeeding can be good for your health, too.
True. Breastfeeding can lower your risk of Type 2 diabetes, breast cancer and postpartum depression.

Breastfeeding myths

Myth: Breastfeeding is painful.

Fact: Pain is not normal during breastfeeding. If you feel pain while feeding your baby, talk to your doctor or contact your local WIC office. There are professionals that can help you make adjustments.

Myth: I cannot feed my baby in public.

Fact: It is easy to feed your baby in public and still remain modest. Use a small cover or wrap to hold your baby in. Many public places now have feeding rooms.

Myth: My breasts are too big/small to breastfeed.

Fact: The size of your breasts is not important. Women with small breasts nurse just as well as women with large size breasts.

What concerns do you have?

1. _____
2. _____

Take this list to your next follow-up appointment. Talk these over with your doctor.

You can also call MedCall at **1-888-850-1108 (TTY: 1-800-368-4424)** for questions about breastfeeding or to locate a breastfeeding professional in your area.

Visit www.womenshealth.gov/breastfeeding for more information.

Office on Women's Health, U.S. Department of Health and Human Services website, www.womenshealth.gov. (Accessed on June 9, 2014).



www.unicare.com

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Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: **1-800-782-0095 (TTY 1-866-378-1634)**

MedCall: **1-888-850-1108 (TTY 1-800-368-4424)**

We can translate this for you at no cost.