

## Tearing Apart the Myths Game

Women with small breasts do not make as much milk as women with large breasts.

A mother should never drink alcohol if she breastfeeds.

It is normal for breastfeeding to hurt.

Mothers can breastfeed if they smoke.

A mother can make enough milk if her mother did not.

Breast milk has enough iron for the baby.

If the mother is sick she should stop breastfeeding immediately.

If the baby has diarrhea or vomiting, the mother should stop breastfeeding and give pedialyte.

Most formulas are fairly close to breast milk.

If the mother is taking an antibiotic she should stop breastfeeding.

Holding a fussy baby will make the baby even more spoiled.

A breastfeeding mother who eats broccoli will make her baby fussy.

## TEARING APART THE MYTHS

Directions: give each class participant one myth/fact, go around the room, have them show/read their myth fact and decide if it is true or a myth. If a myth, tear it up.

### ANSWER KEY

1. Women with small breasts do not make as much milk as women with large breasts. MYTH
2. A mother should never drink alcohol if she breastfeeds. MYTH-One small drink OK occasionally, check with Health Care Provider or Lactation consultant.
3. It is normal for breastfeeding to hurt. MYTH
4. Mothers can breastfeed if they smoke. TRUE
5. A mother can make enough milk if her mother did not. TRUE
6. Breast milk has enough iron for the baby. TRUE
7. If the mother is sick she should stop breastfeeding immediately. MYTH

8. If the baby has diarrhea or vomiting, the mother should stop breastfeeding and give pedialyte. MYTH-Breastmilk is the best think to hydrate and heal baby.

9. Most formulas are fairly close to breast milk.  
MYTH

10. If the mother is taking an antibiotic she should stop breastfeeding. MYTH-check with Health Care Provider for antibiotic that is safe with breastfeeding.

11. Holding a fussy baby will make the baby even more spoiled. MYTH

12. A breastfeeding mother who eats broccoli will make her baby fussy. MYTH