

Test Your Knowledge

MODULE 4

This exercise will help you verify your knowledge about breastfeeding. You will also find answers to some of your questions.

Select the option that matches the correct answer and validate your answer on the next page.

1. Most woman are able to breastfeed.

- ☐ a) True
- ☐ b) False

2. Mothers with small breasts produce less milk than mothers with big breasts.

- ☐ a) True
- ☐ b) False

3. Women with flat or inverted nipples cannot breastfeed.

- ☐ a) True
- ☐ b) False

4. Breastfeeding causes the breasts to "sag".

- ☐ a) True
- ☐ b) False

5. Breastfeeding takes a lot of time.

- ☐ a) True
- ☐ b) False

6. A mother who is breastfeeding must watch what she eats.

- ☐ a) True
- ☐ b) False

7. Mothers who smoke can breastfeed their babies.

- ☐ a) True
- ☐ b) False

8. A woman who is breastfeeding can become pregnant.

- ☐ a) True
- ☐ b) False

9. If a woman breastfeeds, her partner is excluded from providing care to the baby.

- ☐ a) True
- ☐ b) False

10. It is possible to continue breastfeeding even after the returning to work or to school.

- ☐ a) True
- ☐ b) False

The answers are:

- 1. a) True.** Most women are capable of breastfeeding and can breastfeed. One of the most important things is wanting to breastfeed your baby. Certain circumstances can prevent mothers from breastfeeding: Mothers who are addicted to drugs and alcohol, mothers receiving treatment for cancer, or mothers who are infected with HIV.
- 2. b) False.** The size of the breasts is not important. Big or small, they can produce all the milk the baby requires. What counts is to start breastfeeding as soon as possible after birth. The more you breastfeed, the more milk you will produce, supply equals the demand.
- 3. b) False.** The baby does not suck the nipple but sucks the whole breast. It is breastfeeding, not nipple feeding. Although it is easier for the baby to suck at the breast when the nipple stands out, it is not necessary. Generally, most problems may be eliminated when breastfeeding is well initiated. It is important to receive help with the breastfeeding.
- 4. b) False.** This is the biggest myth surrounding breastfeeding. It is the hormones of pregnancy that cause the breasts to sag and not breastfeeding. The solution is to wear a good support bra. You will notice that your breasts will return to their normal shape and size once you stop breastfeeding.
- 5. b) False.** In reality, many mothers find that breastfeeding gives them more freedom than formula feeding. The activities of all new mothers are limited to feeding and caring for the baby and being tired. The first few weeks of your new life with your baby are a time of change and joy. This is true for all new moms!
- 6. b) False.** A breastfeeding mother must have a balanced diet but nothing obliges her to eat certain foods or prevents her from eating others. In certain cases the baby may be bothered by what the mother has eaten, but this is unusual. When the baby has colic, gas, or cries, modifying the breastfeeding is a better solution than changing the mother's diet.
- 7. a) True.** However, we strongly recommend you quit smoking as soon as you find out that you are pregnant. A mother, who is unable to quit smoking, should still breastfeed. It is proven that breastfeeding reduces the negative effects of tobacco on the baby's lungs and can protect against respiratory illness. Breastfeeding is good for the baby and the mother. It is better if the mother does not smoke but if she can't stop or reduce her consumption, it is better to smoke and breastfeed than to smoke and not breastfeed. Smoking should be done outside and after the breastfeeding to limit the amount of nicotine in the breastmilk. Nicotine replacement therapy is safe while breastfeeding (e.g.: Nicorette gum, the patch).
- 8. a) True.** Breastfeeding provides good protection during the first six months following delivery. This protection is only reliable if the baby is under six months of age, is breastfed exclusively (which means no other liquids other than breastmilk), if there are no long interruptions between feedings (baby should not go longer than 4 hours between feedings in the day, and no more than one six hour stretch between feedings at night), and if the mother has not started her period. To avoid a pregnancy, you should use a more appropriate method of contraception while you are breastfeeding. As birth control pills may reduce your milk supply, it is recommended to wait to start them until after your baby is six weeks old. Follow-up with your health care provider.
- 9. b) False.** In the beginning when you and the baby are establishing the milk production, there are many other things that your partner can do to help you. He can take the baby in his arms, sing a lullaby, change, bath, console, and walk the baby as well as other things. This will help him to develop a close relationship with the baby.
- 10. a) True.** Many mothers can benefit from a twelve month maternity leave. However, students, part-time workers, and self-employed mothers may not have access to this paid leave. If you must return to work or to school, it is still possible to breastfeed with the help of your partner, a babysitter, a relative, or a friend. When returning to work or school after any length of maternity leave, you can still continue to breastfeed.