



Health Promotion on
St Helena

Live Long
Live Well

1 - 7 August



World Breastfeeding Week

In order for our children and mums to get the benefits of breastfeeding, there needs to be a change of expectations.

Five Myths that are Not True!

1. 'Breastfeeding will make my breasts saggy'

Fact: Breastfeeding doesn't cause your breasts to sag, but the ageing process and losing or putting on weight can all have an effect.



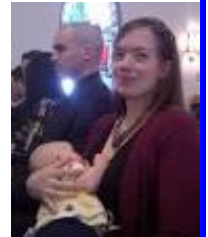
2. 'Infant formula is basically the same as breast milk'

Fact: Infant formula isn't the same as breast milk. It's not a living product so it doesn't have the antibodies, living cells, enzymes or hormones that protect your baby from infections and diseases in childhood and also later in life.



3. 'People don't like women breastfeeding in public'

Fact: Surveys actually show that the majority of people don't mind women breastfeeding in public at all. The more it's done the more normal it will become.



4. 'Breastfeeding is easy for some women, but some don't produce enough milk'

Fact: Almost all women are physically able to breastfeed. It's a skill that every woman needs to learn and practice. It happens more quickly for some women than others, but nearly all women can produce the amount of milk their baby needs.



5. 'If I breastfeed, I can't have a sex life'

Fact: After you've had your baby you'll decide when it's time to have sex with your partner. The same hormone that helps to release your milk for the baby (oxytocin) is also made when you have sex. When having sex you may leak a little breast milk. This is normal.



For more information, please contact Health Promotion on tel: 22500 ext: 2037 or Health Promotion Co-Ordinator, Marian Yon, via e-mail: marian.yon@publichealth.gov.sh