

5 Dangerous Myths That Can Sabotage Your Breastfeeding Relationship

It's not surprising that most pregnant women plan to breastfeed, as countless studies confirm the importance of breastfeeding to mother's and baby's health. But many wonder or even worry whether breastfeeding will go smoothly and if there is anything they can do before the baby's arrival to make the early weeks easier.

In the 1930's British Obstetrician, Grantly Dick-Read coined the term *natural childbirth* because he believed that women with a little preparation and encouragement are innately able to give birth without a lot of routine medical interventions.

Natural Breastfeeding is simply an extension of the same philosophy. We also know that women with a little preparation and encouragement are innately able to feed their babies without a lot instructions or interventions. Natural Breastfeeding is what nature puts in place to make sure that newborns get the two things vital to their survival...food and love. You don't have to learn it, it is already there.

Although most women intend to breastfeed, all too frequently they become overwhelmed in the first week or two. Myths about breastfeeding undermine confidence and create unnecessary anxiety for beginners. Don't just plan to breastfeed, prepare to breastfeed. *Natural Breastfeeding is the key to an easier start and a happily ever after.*



Myth 1

Nipple Toughening

Myth 2

You Need to Learn Breastfeeding Holds

Myth 3

Mom Must Help Her Baby Latch

Myth 4

Breastfeeding Only Benefits Baby's Health

Myth 5

The Breastfeeding Help You Need Will Be Readily Available to You When You Need It





Myth 1

Nipple Toughening

One of the most common questions we get from pregnant women is “*What can I do to toughen up my nipples?*”

Your nipples are not like a guitar player’s fingertips. They were never intended to be tough and they certainly won’t develop calluses! Nipple pain and trauma is a symptom of an uncomfortable latch, which is best addressed by repositioning the mom or the baby. Natural Breastfeeding positions are especially helpful for newborns because it’s an almost foolproof way of getting a deep and comfortable latch.

Rubbing your nipples with a rough cloth, using nipple creams, lanolin or expressed breast milk aren’t recommended. You don’t need to prepare

your eyeballs for contact lenses by rubbing them with sandpaper! Many women are also warned that breastfeeding will be painful initially, but after a few weeks their nipples will toughen up. This is also a myth. The reality is that newborns quickly develop body control and new mothers gain confidence with experience. This is the reason nursing becomes more comfortable over time.

A far better way to avoid nipple pain and trauma is to start off feeding your newborn in Natural Breastfeeding positions. When your baby is in a tummy down position it is much easier for your baby to keep the nipple in a comfortable spot. These are also the best positions when there are nipple cracks or flat or inverted nipples.

[Click here to watch video on YouTube.](#)





Myth 2

You Need to Learn
Breastfeeding
Holds



The *natural* way women learn how to breastfeed isn't by instruction. It's by observation. The unfortunate reality is that most pregnant women planning to breastfeed have never seen a newborn infant nursing. That's why we have included so many videos of real women and newborns in our Natural Breastfeeding program.

Different breastfeeding holds can come in handy once breastfeeding is established, but for newborns they make feedings unnecessarily complicated. To make matters worse, *holding* the baby is the root cause of many early breastfeeding problems such as nipple pain, difficulty latching and inadequate milk production.

[Click here to watch video on YouTube.](#)





“ New mothers attempting to nurse their new baby often misinterpret the struggling and flailing as signs that their baby is fighting or resisting...

New mothers are very different from each other, but newborn babies are remarkably similar. Natural Breastfeeding offers the perfect starter positions that make early breastfeeding easier. That's because they take advantage of natural feeding reflexes that work much better when your baby lies tummy down.

There is no need to *hold* the baby to eliminate gaps and create the frontal pressure newborns need to stabilize their spine, latch comfortably and feed efficiently. Gravity does it for you. Your hands are free for other activities or just to stroke and caress your new baby.



New mothers attempting to nurse their new baby often misinterpret the struggling and flailing as signs their baby is fighting or resisting. But newborns are like turtles on their backs. They can't coordinate their movements until you flip them over. That's why Natural Breastfeeding works so well as *starter* positions.



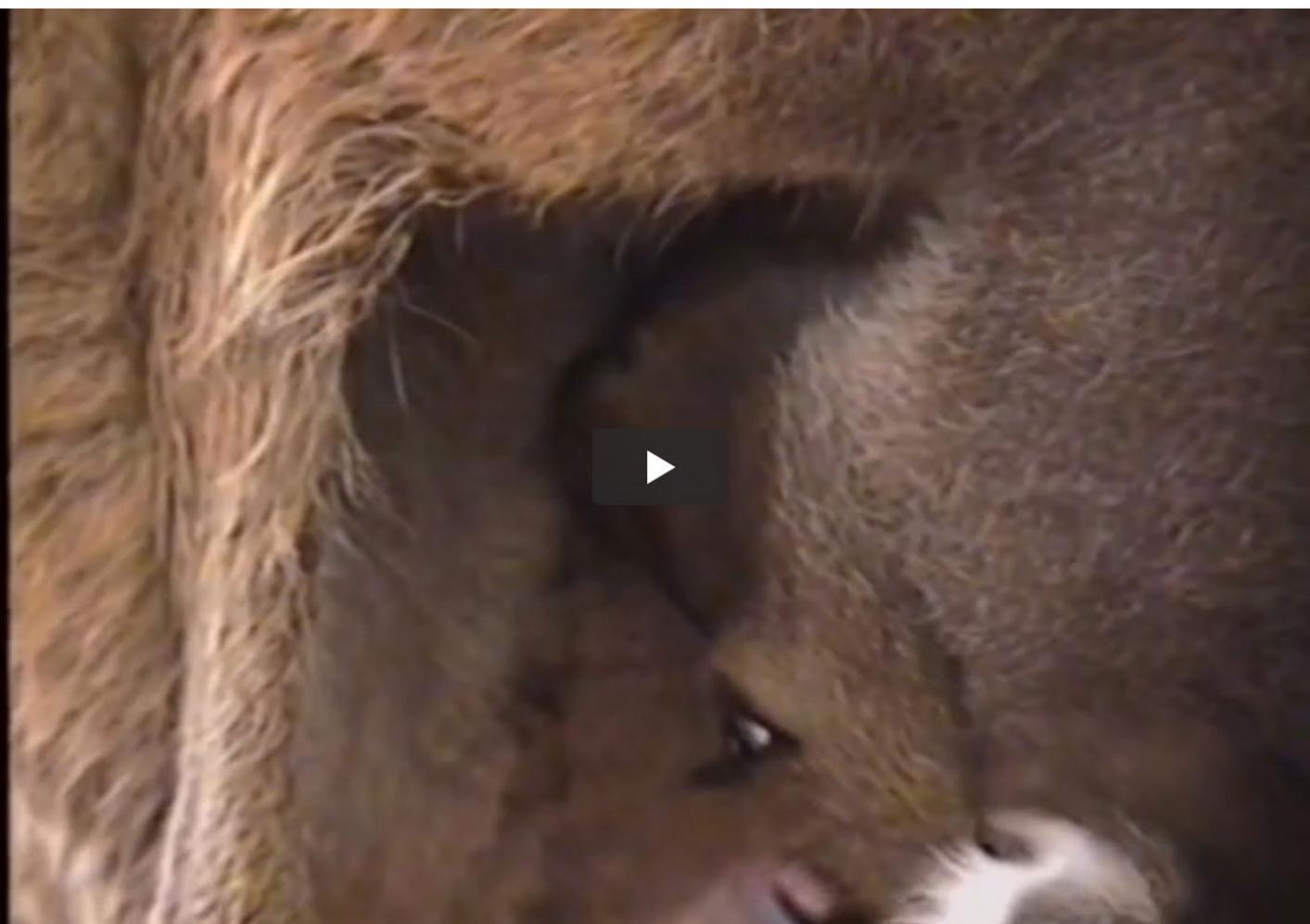


Myth 3

Mom Must Help
Her Baby Latch

Breastfeeding has become unnecessarily and overwhelmingly complicated for many new mothers. All mammals nurse and humans are no exception. Because mother's milk is essential to survival, all mammals are naturally endowed with inborn abilities and reflexes to make feeding easier.

A baby kangaroo is blind, barely formed and only the size of jellybean, but it is able to crawl from the birth canal into its mother's pouch and latch onto a teat. You can watch this amazing feat in the following video.



[Click here to watch video on YouTube.](#)

Did you know that a newborn human is also able to do this? It's called the birth crawl and occurs naturally during the first hour of life if the baby is placed tummy down on the mother's abdomen. Natural Breastfeeding recognizes that what your new baby needs is to go from *in you* to *on you*.



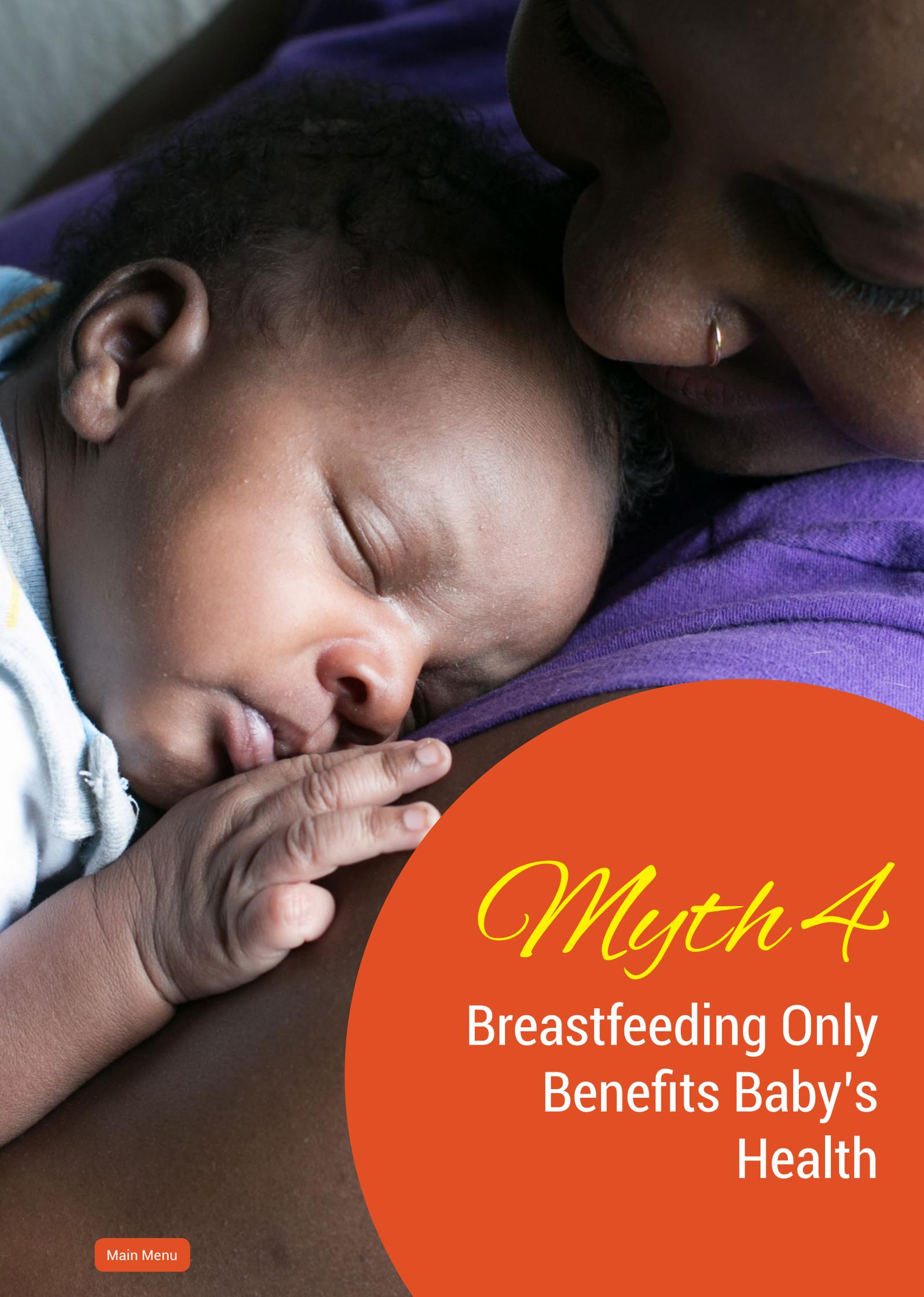
You don't need complicated holds and they are actually counterproductive during early breastfeeding. As mothers gain experience and babies mature it's very natural to customize the breastfeeding relationship with positions that suit you and your baby.

Watch this video as new mother Michelle tries out Natural Breastfeeding for the first time.

Breastfeeding is about teamwork. Mother and baby fit together like pieces of a puzzle. Natural breastfeeding positions allow your newborn baby to be an active partner in latching and feeding and not just a passive gobbler!

[Click here to watch video on YouTube.](#)





Myth 4

**Breastfeeding Only
Benefits Baby's
Health**

Many women are aware that mother's milk is important for newborn health and that formula-fed infants have more respiratory diseases, asthma, allergies, ear infections and diarrhea, as well as a higher lifetime risk of obesity, heart disease and diabetes. Women are much less likely to know that breastfeeding has significant health benefits for mothers too.

For every year you breastfeed your risk of developing diabetes decreases by about 15%. Studies show moms who had never breastfed had almost twice the risk of developing diabetes as moms who had.

You'll feel so confident knowing that you have prepared your mind, body and environment ahead of time so that you and your baby have the very best chance for a successful start.

Most of the obstacles to successful breastfeeding occur in the immediate postpartum period. The purpose of the Natural Breastfeeding program is to address and avoid these problems by helping moms prepare before the baby arrives.

Studies show that breastfeeding can halve the risk of postnatal depression. That's the good news. The bad news is that the highest risk of postnatal depression is found in women who plan to breastfeed, but are unable to do so.

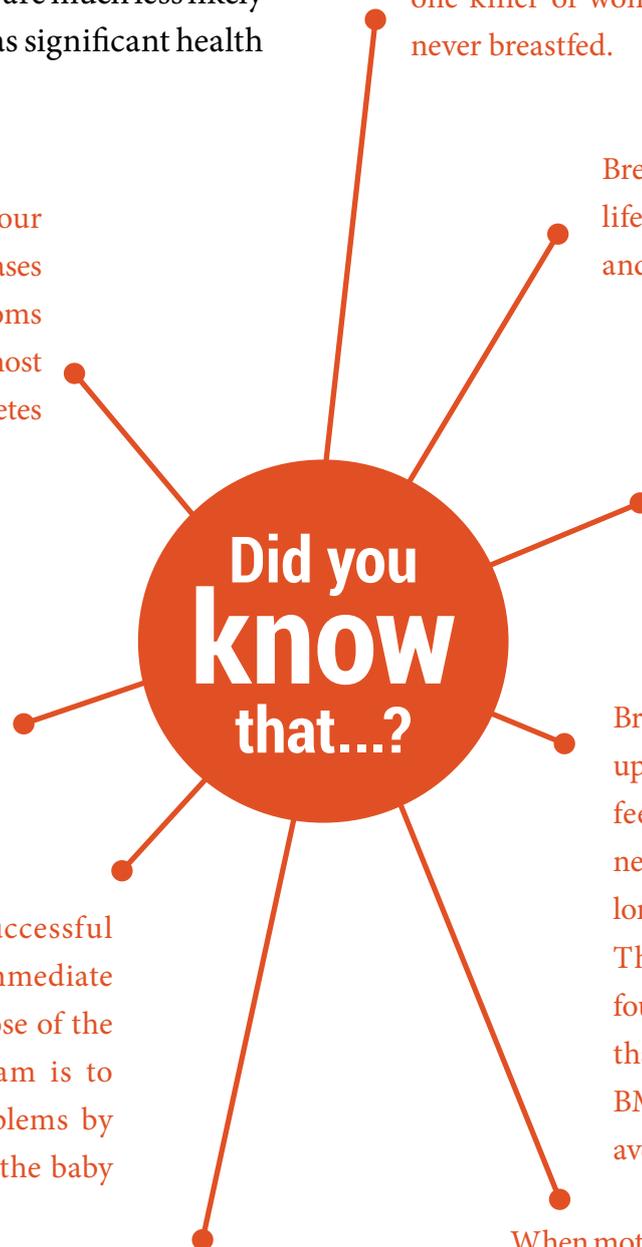
Breastfeeding is good for your heart health. A 2009 study found that women with a lifetime total of 2 or more years of breastfeeding had a 23% lower risk of cardiac disease (the number one killer of women) than women who had never breastfed.

Breastfeeding reduces women's lifetime risk of breast, ovarian and uterine cancers.

Women who have never breastfed have a four times greater chance of developing osteoporosis and suffer more post-menopausal hip fractures.

Breastfeeding mums lose weight up to 40% faster than formula feeders. But the even better news is that breastfeeding has a long term effect on your figure. The Million Women Study found that for every six months that the women breastfed their BMI decreased by about 1% on average.

When mothers had blood drawn during both breastfeeding and bottle-feeding, their levels of the stress hormone cortisol were significantly lower during breastfeeding.





Myth 5

The Breastfeeding
Help You Need Will Be
Readily Available to You
When You Need It



Although most pregnant women plan to breastfeed, they aren't really prepared for a successful start. Most women take childbirth preparation classes, but assume that they will get all the breastfeeding help they need in the hospital, birthing center or even at home. The entire birth experience can be overwhelming and exhausting. Breastfeeding information and help may be unavailable, conflicting or just wrong. You might not even know what to ask for!

Doing a little advance preparation will give you confidence. Watching videos of real mothers and babies *up close and personal* will show you exactly how to get a newborn to latch and feed during this tough transition period.



In this video Dr. Theresa and Nancy discuss why getting the right information at the right time is critical for new moms and babies.

[Click here to watch video on YouTube.](#)



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