

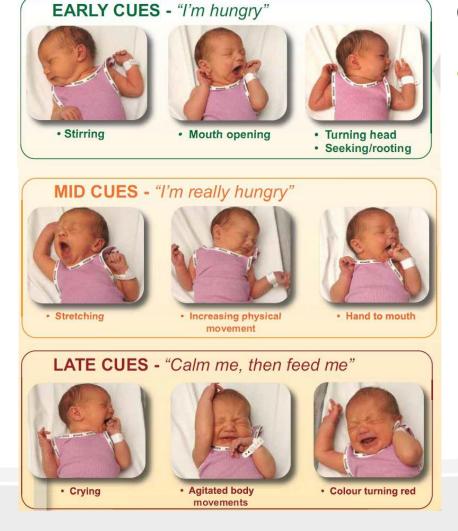
True or False:

 Breastfeeding baby lowers their risk of developing diabetes and other chronic conditions later in life.



Answer: True!

- Breastfeeding has long lasting benefits for baby throughout their road in life.
- Breastfed babies have lower rates of diabetes and obesity.
- Breast milk contains important nutrients that help babies to have better vision and a higher IQ.



Question:

How can you tell if baby is hungry?







- Watch for signs that your baby is ready to eat like:
 - Mouth opening.
 - Rooting.
 - Hand to mouth.
- Crying is a late signal that baby is hungry.
- It is important to let baby decide when he or she is hungry.



True or False:

 Breastfeeding baby will save you time and money.



Answer: True!

- Breastfeeding is free. Using formula may cost thousands of extra dollars.
- Breastfeeding also saves you time.
 There is no need to mix or warm
 your breast milk since it is ready
 when baby is.



Question:

 Does breastfeeding help delay your period?



Answer: Yes!

- Exclusive breastfeeding naturally produces hormones that delay the return of your period.
- Breastfeeding helps to naturally space out pregnancies.
- It is still important to use other forms of protection, like condoms, while breastfeeding. Talk to your health care provider about available options.





Question:

• Why is breast milk the perfect food for baby?



- Breast milk has all the nutrition and fluids your baby needs. As your baby grows and changes, so does your breast milk.
- Breast milk is a gift for your baby because it is all he or she will need for the first 6 months.



True or False:

 Baby needs to be fed every few hours because their tummy is very small after birth.



Answer: True!

- When baby is born, their tummy is about the size of a cherry. This means baby needs small, frequent meals.
- Your first milk (colostrum) provides the perfect amount of food for baby right after birth.
- As baby's tummy grows, your milk increases to meet baby's needs.



True or False:

 Placing baby skin-to-skin with you is a good way to connect with baby.



Answer: True!

- Skin-to-skin contact helps you and baby to bond. Bonding is important for nurturing and responding to baby's needs.
- Also, skin-to-skin contact is very relaxing for you and baby.
- All care givers can practice skin-to-skin with baby.



True or False:

• Breastfed babies are less likely to get sick and need a trip to the doctor.



Answer: True!

- Breastfeeding helps baby to develop a strong immune system. This may mean fewer colds, runny noses and ear infections for baby.
- Breastfeeding may also lower baby's risk of developing allergies.



True or False:

• Breastfeeding only benefits your baby.



Answer: False!

- Breastfeeding benefits moms by:
 - Helping to reduce the size of your uterus.
 - Helping you return to your pre-pregnancy weight.
 - Lowering your risk for developing chronic conditions like diabetes, breast cancer, and ovarian cancer.



True or False:

• Breastfed babies poop more often than babies who are formula fed.



Answer: False!

- Babies use breast milk very efficiently.
 This means they may poop less. Also, their poop has less smell.
- Babies first poop may be black or dark green. After a few days it will look like soft, seedy mustard.
- Many breastfed babies poop around
 1-3 times a day.





Question:

• How is breastfeeding good for the environment?



- Breastfeeding is the natural way to feed your baby. It is free of trash and plastic waste from formula cans and bottle supplies.
- Women around the world choose to breastfeed.



True or False:

• I need to drink milk to make milk.



Answer: False!

- Milk is an important part of a healthy balanced diet. But, you do not need to drink milk to make breast milk.
- Healthy eating helps moms meet their nutrient and calorie needs for breastfeeding.
 - Use healthy snacks to help meet your extra needs (2-3 extra Food Guide servings/day).
 - Drink water whenever you feel thirsty.
 - Continue to take your prenatal vitamin.



Question:

 Does my breastfed baby need any supplements?



- Health Canada recommends that all breastfed and partially breastfed babies receive a 400IU vitamin D supplement daily.
- Vitamin D helps build strong teeth and bones. It may also help build a strong immune system.



Question:

 Why is it a good idea to clean my baby's mouth even before his or her teeth come in?







- Cleaning baby's mouth twice a day will help to remove breast milk from the gums.
 You can use a soft, damp washcloth or a finger mitt.
- Daily cleaning helps baby develop good oral health habits.
- Breastfeeding helps baby's jaw to develop.





Question:

 Am I able to drink alcohol while breastfeeding?



- The safest choice is to not drink alcohol while breastfeeding. Alcohol is transferred through breast milk.
- If you choose to drink alcohol:
 - Breastfeed before you drink.
 - Allow enough time for your body to remove the alcohol before breastfeeding again. On average, it takes 2 hours for each drink to be removed.





Question:

• Can I breastfeed if I smoke?



- The safest choice is to not smoke while breastfeeding. Nicotine is transferred through breast milk.
- If you choose to smoke:
 - Limit smoking as much as possible.
 - Breastfeed before smoking.
 - Smoke outside to limit baby's exposure to second and third hand smoke.





True or False:

• If I am unable to breastfeed, it is safe to give my baby canned cow's milk.



Answer: False!

- Canned, powdered and fresh cow's milk is not safe for baby. It is low in important nutrients and is hard for baby's gut to break down.
- Goat's and other animal milks are also not safe for baby.
- Safe breastmilk substitutes are:
 - Expressed breastmilk from mom.
 - Pasteurized human milk.
 - Iron-fortified baby formula.