

Bottle or Breast?

Target Audience:

Women, Pregnant Teens

Topic Areas:

Feeding My Baby

Objective:

Make an informed choice about whether to breastfeed or formula feed your baby.

Audience Alert!

The decision to breastfeed or formula feed is a very personal choice. It is based on cultural, societal, and environmental factors, just to name a few. Therefore, it is important to know the background of your participants and some of the ideas that they might bring to this class that would affect their decision about whether to breastfeed or formula feed. This way, you can best prepare yourself for their questions. Also, note that reading skills are required for Activity 4.

Bottle or Breast

Lesson Creator(s):

Cheri Vircillo, Bethany Beckerdite, Judy Klavens-Giunta, Debra Palmer Keenan, PhD.

Funding For The Development Of This Lesson Was Provided By:

The U.S. Food and Drug Administration, Food Stamp Nutrition Education Program, Fiscal Year 1999, Supplemental Nutrition Assistance Program-Education Fiscal Year 2011, 2015

Purpose:

The participants think about the things that can help them choose whether to breastfeed or formula feed their babies.

What the Nutrition Educator Needs to Know to Answer Questions

Having a baby is an exciting and busy time for a mom-to-be. It is important that before the baby comes she decide whether to breastfeed or bottle-feed. This lesson is about thinking about the pros and the cons of these two things. Remember that the final decision of to breastfeed or formula feed will not make someone a good or bad parent. The most important thing is that the parent makes a decision. If the mother has a partner, they can decide together.¹

Breast milk has many benefits for the mother and baby. Below are some good reasons for moms to breastfeed their babies:

- It has just the right amount of nutrients a baby needs. Milk from humans is the best milk for humans.^{2,3}

- It is safe and easy for the baby to digest.³
- Breast milk can protect your baby from certain infections and helps get your baby's own immune system going.^{2,3}
- Breast milk is free. You do not have to worry about the cost of bottles and formula.
- It is always the right temperature, you do not need to warm and test bottles.
- You do not have to mix formula or clean bottles and nipples.
- Breastfeeding can be done for any amount of time. You will not run out of milk as long as you keep breast feeding.¹⁶
- Going out with a breast-fed baby is easier because you do not need to take bottles along.
- The motion of sucking helps the muscles around your baby's mouth and face get stronger.⁴
- What is in your breast milk will change to give your baby what they need as they grow and develop.⁵
- Breastfed babies have better health and grow better. They have less risk for:⁶
- Diseases such as heart disease and diabetes
 - Severe lower respiratory infections, colic, constipation, and diarrhea,
 - Colds and earaches.
 - Sudden Infant Death Syndrome or SIDS
- If you nurse it can lead to a lower risk of diabetes and some kinds of breast and ovarian cancer.⁶
- If you nurse, especially for more than 3 months, you may have an easier time losing baby weight because you are using more calories when you breastfeed.⁷
- If you nurse it can take longer to start ovulating (having periods) again but you cannot depend on this for birth control. It is best to talk to your healthcare provider about what is best for you.⁸
- Breastfeeding increases the levels of a chemical made by your body called oxytocin. This means you will have less bleeding after giving birth and your uterus will return to normal faster.⁹
- Breastfeeding helps you and your child bond.¹⁰
- Breast milk has something called colostrum which helps your baby's digestive system grow and function.⁶
- If it is not possible for you to breastfeed if you return to work, it is key to know that any amount of breastfeeding is better for your baby than none at all.¹¹ The longer you can breastfeed the better. If you are able to you can pump your breasts and feed your baby with a bottle.
- Breast milk is easy for your baby to digest so your baby will be less constipated and gassy. It has exactly what your baby needs.¹²

Breastfeeding can be easy once you and baby get the hang of it! You can also pump and store breast milk. You can rent a breast pump if you do not want to or cannot afford to buy one. This can be helpful:

- If you go back to work
- Other family members want to help with feedings
- You want to go out and do not feel comfortable breastfeeding your baby in public, or
- You need to take medicine that will keep you from breastfeeding.

Small amounts of medicine can pass into your breast milk. Most do not affect your baby but some might. How much and how long medicine will be in your breast milk is different for each medicine. It is best to talk to your health care professional who can help you decide what to do.¹³

Breast milk can be pumped out by hand using a manual pump or by using an electric pump. Using an electric pump will make it easier to do other things while you are still getting breast milk for your baby. Breast pumps can be rented if you do not want or cannot afford to buy one.

Fresh breast milk can be saved in the refrigerator (less than 40° F) for up to 72 hours. It is safe to freeze breast milk for at least 6 months. Frozen breast milk should be thawed in the refrigerator or in a bowl of warm water. The breast milk should then be warmed with warm water, not in a microwave. When you microwave liquids, they do not heat evenly and you can scald your baby or the bottle holding the milk can explode. Also, if the breast milk gets too hot, it can break down the nutrients in the milk.¹⁴

Note to the Educator: There are many myths about breastfeeding that may come up during the lesson. It is important to be able to give the participants correct and balanced information. If you cannot answer a question, refer them to the *More Bottle-Feeding & Breastfeeding Help* handout which has places they can go to get more information. Make a note of the question and ask your supervisor for more information. Be sure to make a note of the answer. The question could come up again! You can also share the answer with the class at your next session or the next time you teach this lesson.

Below are some common myths about breastfeeding:^{9, 15,16,17,18, 19, 20}

- **Myth:** Breastfeeding causes a woman's breasts to sag and droop.
Truth: Breasts can sag more from pregnancy as they get ready to produce milk than from breastfeeding. Your age and the number of pregnancies you have

had affect your breasts more. Also, breastfeeding might reduce your risk of breast cancer.

- **Myth:** If a woman smokes, she cannot breastfeed.
Truth: It is never a good idea to smoke around infants. The best thing for you and your baby is if you can stop smoking. If not breastfeeding is still better because it can protect your baby from respiratory problems and sudden infant death syndrome or SIDS. If you smoke, be sure not to smoke around your baby and change your clothes after smoking so your baby does not have contact with the chemicals smoking leaves behind.
- **Myth:** Breastfeeding hurts.
Truth: Breastfeeding should not hurt. If your child does not latch on the right way this can cause discomfort. It is a good idea to have someone who knows about breastfeeding help you like a lactation consultant. Many WIC offices have lactation consultants on staff. You can also contact the La Leche League which provides services at no charge. If you have discomfort, it should be painless after a little practice.
- **Myth:** When you breastfeed you cannot eat certain foods.
Truth: Women can eat whatever they want while they are breastfeeding unless their baby gets an upset stomach after they eat a certain food. In certain cultures, it is believed that women should not eat spicy foods or certain other food that people believe will make the baby have gas. You do not have to avoid any foods while you are breastfeeding. If your baby gets an upset stomach after you eat certain foods, try to not eat these foods and see if your baby gets better. If that works then it is probably better to not eat that food. If your baby still has a problem, speak to your doctor. One thing that you should not eat while you are nursing is fish high in mercury like shark, swordfish, king mackerel, or tilefish. Mercury can have an effect on your baby's nervous system.
- **Myth:** You cannot have beer or wine or liquor when breastfeeding.
Truth: It is best to not have alcohol when you are breast feeding but a drink now and then can be okay if you wait two to three hours at least after you have a drink before nursing. You also can pump milk before you have a drink so you have it for later. It is important to remember that if your baby does get alcohol from your breast milk, it can upset their sleep, cause them to eat less and can even effect how they move as they grow. It is not true that alcohol helps milk flow better. In fact, studies show that it can slow down milk flow.
- **Myth:** A mother's diet affects the breast milk which affects the baby's diet.
Truth: Breast milk will always have the nutrients that the baby needs. What mom eats does not have an affect on breast milk. In fact, eating a healthy diet is more important for the mother's nutrition than the baby's.

- **Myth:** A woman's breasts can be too small to breastfeed. |
Truth: The size and shape of a woman's breasts have no affect on breast feeding nor does it affect how much milk is produced.
- **Myth:** The mother will not be able to produce enough breast milk.
Truth: Mom's breasts will almost always have enough milk for the nursing baby. If the baby begins to take more at feedings, the breasts will produce more milk. Once the baby begins weaning from the breast, the milk production begins to slow down. As long as you continue to breast feed your breasts will continue to make milk. In some cultures and in the US as well, women often breastfeed for several years.

Experts agree that breast milk is best for a baby, but there are some times when breastfeeding may not be healthy for the infant. Like when:^{17,21,22,23,24}

- The mother is taking illegal drugs.
- The mother is taking lithium or other prescription drugs. Some but not all medications get into the breast milk. If this happens they will get into the baby through breast milk. It is important for the mother to talk to her doctor about the safety of her medicines while breastfeeding.
- If the mother is a smoker, it is recommended that she does not smoke around the baby and not smoke before breastfeeding. Chemicals in tobacco products can appear in breast milk and also stay on clothes which can expose your baby to them.
- The mother drinks alcohol excessively. Chemicals in alcohol can appear in breast milk. It is okay for a mother to consume 1 glass of wine or a beer per day, but she should wait 2 to 3 hours after drinking before breast feeding so her breast milk is free of alcohol before the baby nurses again. A baby exposed to as little as one drink a day can have changes in sleep patterns. It can also affect a baby's motor development, how it moves, rolls over, sits up and learns to walk.
- The mother is infected with untreated tuberculosis. The mother is infected with the HIV/AIDS. This is true in the U.S. but in many underdeveloped countries the benefits of breastfeeding are more important than the chance that the virus will pass to the infant.
- When babies are born unable to drink milk of any kind, because they have a metabolic defect and cannot digest breast milk or formula or are allergic. These babies must be fed a special formula.

While breastfeeding is almost always the best choice for the baby, it may not always be the best choice for the mother. There are many personal, cultural, or religious reasons why a mother may choose not to breastfeed.

Some advantages of formula-feeding are:

- Parents can tell how much the baby is eating. This may be important for some infants and parents. If this is a concern for a breastfeeding mom, she can pump and feed the infant with a bottle.
- It is a more accepted way to feed a baby in public. It can be more accepted in certain cultures and by some family members.
- Bottle feedings are often more spread out and this allows mom to have more time for sleep and work. Most of the time, infants that get formula fed get a bottle every 4 hours, while breast fed babies most often feed every 2 to 3 hours.
- For some working moms it is hard to find time to pump their milk because they have to commute long distances or work long hours. This can make it difficult to breastfeed. If a mother works less so she can breastfeed, that can affect the family's income. When you make a decision to formula feed or breast feed, you need to think about all these things.
- Breastfeeding may be harder to start for some moms.
 - It can be painful for the mother if she does not know how to get her baby to latch on and does not have good support and education.
 - It can be too time consuming.
 - Some mothers may worry their baby is not getting enough milk. You cannot measure how much the baby is getting when you breast feed.
 - It can also be a challenge to return to work or school when you are breastfeeding, This is true for many limited resource women who work in blue color jobs which usually do not allow enough time for breaks to pump breast milk and also do not have places to keep the milk cold.⁵

Even though it may not have all of the benefits of breast feeding, a formula-feeding baby will also thrive and do well. When making the final decision, a mother must think about how breastfeeding in her situation will affect her and her baby before making a choice. Sometimes, breastfeeding is not the best option.

REFERENCES

1. *The Surgeon General's Call to Action to Support Breastfeeding*. National Center for Biotechnology Information, U.S. National Library of Medicine. 2011. <http://www.ncbi.nlm.nih.gov/books/NBK52688/>
2. *Contaminants in Human Milk: Weighing the Risks against the Benefits of Breastfeeding*. National Institutes of Health (NIH), US National Library of Medicine. 2008. At: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122>
3. *Breastfeeding Tutorial for Pharmacists*. Northeastern University. 2011. At: <http://www.northeastern.edu/pharmacareoftutorial/tutorial/health-benefits-of-breastfeeding/breastmilk-is-different-than-formula/>

4. *Breastfeeding Your Baby*” *Breastfeeding-Simply the Best*. Information for a Healthy New York, New York State Department of Health. 2009. At: <https://www.health.ny.gov/publications/2961>
5. *Extended breast feeding: what you need to know*. Mayo Clinic, Healthy Life Style Infant Toddler and Health. 2015. At: <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/extended-breastfeeding/art-20046962>
6. *Breastfeeding-Why breastfeeding is important*. Office of Women’s Health, US Department of Health and Human Services (USDHHS). 2014. At: <http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.html>
7. *Weight Loss While Breastfeeding*. ChooseMyPlate.gov – Pregnancy and Breastfeeding. At: <http://choosemyplate.gov/pregnancy-breastfeeding/weight-loss.html>
8. *Breastfeeding*. Office of Women’s Health, USDHHS. 2014. At: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/breastfeeding.html>
9. *It’s Only Natural. Mother’s Love. Mother’s Milk*. USDHHS. 2014. At: <http://womenshealth.gov/itonlynatural/addressing-myths/incred-ble-facts-about-babies-breast-milk.html>
10. *Breastfeeding Overview*. WebMD, Health and Baby. At: http://www.webmd.com/parenting/baby/nursing-basics?%20email=&first_name=&dob=&nickname=2
11. <http://www.webmd.com/parenting/baby/nursing-basics?page=2>
12. *Breastfeeding Overview: Will I make enough milk to breastfeed*. WebMD. Health and Baby. At: <http://www.webmd.com/baby/breastfeeding-vs-formula-feeding>
13. *What medications are safe to take while breastfeeding*. Healthy Lifestyle: Infant and Toddler. Mayo Clinic. 2012. At: <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-and-medications/art-20043975?pg=2>
14. *Proper Handling and Storage of Human Milk*. Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity. At: http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
15. *Breastfeeding*. Office of Women’s Health, USDHHS. 2014. At: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/breastfeeding.html#h>
16. *7 Myths About Breastfeeding*. Health and Baby, WebMD. At: <http://www.webmd.com/parenting/baby/features/breastfeeding-myths>
17. *Breastfeeding and everyday life*. Office of Women’s Health, USDHHS. 2014. At: <http://www.womenshealth.gov/breastfeeding/breastfeeding-and-everyday-life.html>
18. *Making Healthy Choices in Each Food Group*. Pregnancy and Breast Feeding. ChooseMyPlate.gov. At: <http://www.choosemyplate.gov/pregnancy-breastfeeding/making-healthy-food-choices.html>
19. *I’m breastfeeding. Is it okay to drink alcohol?* Healthy Lifestyle: Infant and Toddler. Mayo Clinic. 2013. At: <http://www.mayoclinic.org/healthy->

[lifestyle/infant-and-toddler-health/expert-answers/breast-feeding-and-alcohol/faq-20057985](http://www.cdc.gov/healthybehavior/lifestyle/infant-and-toddler-health/expert-answers/breast-feeding-and-alcohol/faq-20057985)

20. *Twelve Super Foods for New Moms*. Health and Baby, WebMD. AT: <http://www.webmd.com/parenting/baby/breast-feeding-diet>
21. *When should a mother avoid breastfeeding?* Disease and Conditions. Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity. At: <http://www.cdc.gov/breastfeeding/disease/>
22. *Tuberculosis and Pregnancy*. Fact Sheets. Centers for Disease Control and Prevention. 2012. At: <http://www.cdc.gov/tb/publications/factsheets/specpop/pregnancy.htm>
23. *Breastfeeding and the Use of Human Milk*. Policy Statement. American Academy of Pediatrics. 2012. At: <http://pediatrics.aappublications.org/content/early/2012/02/22/peds.2011-3552.full.pdf+html>
24. *Infant Formulas* US National Library of Science, Medline Plus 2011. At: <http://www.nlm.nih.gov/medlineplus/ency/article/002447.htm>

For additional Reading:

The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies. Centers for Disease Control and Prevention (CDC). Division of Nutrition, Physical Activity and Obesity. July 2104. At: <http://www.cdc.gov/breastfeeding/resources/guide.htm>

Breastfeeding Moms. WIC Works Resource System. United States Department of Agriculture (USDA). June 2015. At: <http://wicworks.nal.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>

Bottle or Breast?

Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

Materials Needed:

“Think About This...” handout – 1 per participant

“What’s the Best Choice For Jackie” handout - 1 per group

“What’s the Best Choice For Susan” handout – 1 per group

“Think About This...Breastfeeding Worksheet” handout – 1 per participant for group 1

“Think About This...Bottle Feeding Worksheet” handout – 1 per participant for group 2

“What’s the best Choice for Me?” Handout – 1 per participant

“Common Myths About Breastfeeding” – 1 per participant

“More Bottle-feeding & Breastfeeding Help” Handout – 1 per participant (if possible, copy extras for participants to take 2-3 home with them for family and friends)

Time the Activity is Expected to Take:

Activity 1: 5-20 minutes

Activity 2: 25 minutes

Activity 3: 20 minutes

Activity 4: 5-10 minutes

Next week’s Goals: 5 minutes

Bottle or Breast

Lesson Plan

Before you begin:

Be sure to ask the participants if they worked on their goals from last week. Ask them which goals they worked on and how or what they did. Try to get a couple of people to tell the class what they did. If they did not work on the goals, ask them to work on them this week.

Activity 1: “Are You Experienced?” (5-20 minutes)

Note: If this discussion goes on for more than 5-10 minutes, you may have to leave out activity 3 or 4 depending on the length of your class time.

1. Begin the class by introducing the topic. Explain that this class is about making choices on whether to breastfeed or formula-feed.
2. Tell the class that either decision can be a good one as long as they think about the pros and cons of both. Tell them that you are there to give them information that will help them to make a decision that is right for them. Stress that you are not here to tell them what to do.
3. Ask the participants to share some of their own experiences and thoughts on the topic of breastfeeding versus bottle-feeding.
4. If some of the participants have had to make this choice in the past, ask them to share some of the things they had to think about in order to make their decision. Try to keep an equal number of comments about bottle and breastfeeding.

Activity 2: “Debating the Bottle and Breast” (25 minutes)

1. Divide the participants into two groups. Assign one group to be the “breastfeeding group” and the other to be the “formula-feeding group.”
2. Tell the class that you are going to ask them to think about the pros and cons of each way of feeding, and then to debate the issue. Tell the groups that they will need to pick a “spokesperson” for their group. This person will take notes and debate the “bottle” versus the “breast”.

3. Give several “Think About This...Breastfeeding Worksheets” to the breastfeeding group. Give several “Think About This...Bottle-feeding Worksheets” to the bottle-feeding group.
4. The educator should read the directions at the top of the handouts out loud to the groups. Tell each group that they should fill out the “Think About This...Worksheet” as it would apply to the people in their group. Remind them that there are many different sides to each choice. Each group may use the points in the handout if they would like, to support their argument. Ask the participants to use the example shown as a guide for their group discussion.
5. Encourage all the participants to write down the things they discussed on their worksheet. The “Spokesperson” must write down the group’s answers for the debate.
6. While they are having their discussion, walk around the room to encourage discussion within the groups as they work through the handouts.
7. After about 10-15 minutes of work and discussion, tell the groups that it is now time for the debate. Before they begin, remind the groups that they need to act as if they are in favor of the position that their group was assigned even if it is not what they would do. They must argue the pros and cons of their position to the other group.
8. Using the “Think About This...” handout, introduce each topic one by one. After introducing each topic, ask to hear the pro argument from the breastfeeding group and then from the formula-feeding group (or vice versa). Then ask to hear the con argument from each group. After the con argument, ask if any of the groups can come up with a solution to the problems mentioned in the con arguments.
9. After you have gone through all of the topics, if you have time and you think the class wants to, let this debate turn into further discussion. Always encourage the participants to relate the topics back to their own experience. However remember there are two other activities for this lesson that you may want to try and get to.
10. After the debate, remind the class that there is no right answer. There is a lot to consider when choosing whether to breastfeed or bottle-feed an infant.

Activity 3: “What’s the Best Choice?” (20 minutes)

1. Keep the participants in the same two groups. Give out one copy of “What’s the Best Choice for Jackie” and one copy of “What’s the Best Choice for Susan” to

each group. Also, give a copy of “Think About This...” handout to each participant.

2. Have one member in each group read the situations aloud to her group. Then have each group discuss among itself the pros and cons for each woman choosing to breastfeed or formula-feed.
3. Have the groups decide what they think the best choice would be for each situation and why. Encourage them to use the “Think About This...” handout to guide their discussion. Remind participants to keep in mind the points brought up in the debate during Activity 2.
4. After the groups have decided on the best choices for their situation, ask each group to share with the other groups their decision and why. First get both groups’ opinions on the first situation, and then the second situation. Invite open discussion and conversation.
5. It is important that the participants are able to tell why they would make a particular decision of whether to breast or bottle-feed. This shows that they have considered the topics on the handout and that they have made an informed decision.
6. Remind the participants that in real life, there is no right or wrong answer. This is the choice of a woman and her partner.

Activity 4: “What’s the Best Choice For Me?” (5-10 minutes)

1. Now handout the “What’s the Best Choice for Me?” handout to each participant.
2. Ask the participants to now think about their own situations and what choice would be best for them. Ask them to fill in the tables on the handout while using the “Think About This...” handout as a guide.
3. If participants do not feel comfortable filling out the handout in class, tell them that they can take it to work on at home.
4. Since this is a personal choice, don’t ask the participants to share what they would do in their situations. Just encourage them to think about it.
5. At the end of the lesson, make available the two handouts “Common Myths About Breastfeeding” and “More Bottle-feeding and Breastfeeding help.” These handouts should be displayed and the participants should be told that they can take them if they want to.

Next Week's Goals: (5 minutes)

1. Ask the participants to name one thing that they learned in today's class. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Ask them to choose a goal to work on during the week. Let them know that they will be sharing their personal experiences during the next class.
2. Invite comments, suggestions, or questions.
3. Thank the participants for coming and tell them what the class will be about in the next lesson.

For the Teacher: What makes this lesson behaviorally focused?

- Activity 1 asks the participants to share their own feelings and experiences on the topics of breastfeeding and bottle-feeding. It is behaviorally focused because they express their own feelings and actions or behaviors.
- In Activity 2 is behaviorally focused because the participants are asked to recall and share their own experiences, while looking critically at the two sides of each issue: breastfeeding and formula-feeding.
- In Activity 3, the participants are asked to evaluate situations and decide which choice is best for the person involved. They make an informed decision, even though it is not their own.
- Activity 4 is the most behaviorally focused activity. It calls upon the participants to reflect upon their own lives and to evaluate what choice is best for them.
- In Next Week's Goals, the participants are invited to name one thing that they learned during the class that they will use. Through this activity and by reviewing the objectives again, the participants are reminded of the many topics discussed during the lesson. They will choose the behaviors that they will want to work on during the coming week.



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

Think About This...

Use these points to think about “bottle” or “breast”

The Baby’s:

- Health and growth
- Emotional well-being



The mother’s:

- Health concerns
- Work demands
- Demands placed, other than work
- Medications, alcohol use, tobacco use
- How the mother’s partner feels about it

Other Concerns:

- Costs
- How friends and family feel about it

6/24/15



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

What is the Best Choice For Jackie?

Jackie just had a baby. She wants to decide whether or not to breastfeed. She has to go back to work in six weeks. Jackie is a full-time waitress. She has two other children, both under the age of six.

A normal day for Jackie looks like this. She wakes up at 6 am. She spends some time with her children than gets them ready for day care. She eats breakfast, and then does some housework.

Jackie leaves the house by 11 am to catch the bus for work. She works from 12 to 3 then gets a 30-minute break. After the break, she works from 3.30 to 6, with a 15-minute break. The time for that break varies. At about 6:15, she gets back on the bus and gets home by 7.

While Jackie is at work, her baby sitter picks up her children from day care and watches them until Jackie arrives. When Jackie gets home, she makes dinner, eats, does the dishes, and spends a little time with her children before they go to bed at 9:00 pm. Jackie goes to bed at about 10. Jackie doesn't have a lot of extra money. She cannot afford to work any less than she already does.



6/24/15



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

What is the Best Choice For Susan?

Susan just had a new baby. She is trying to decide whether or not to breastfeed.

She works at home as a dressmaker and often has plenty of time to herself. She is married and has a 13-year-old son.

A typical day for Susan starts out with her waking up about 7 a.m. Susan, her husband and their son have breakfast together. Her husband then leaves for work and her son leaves for school.

Susan makes dresses for a local boutique and works at her own pace. She does most of her work in the morning but she sometimes does it in the afternoon or even late at night. She does not make a lot of money. She and her family are on a very tight budget.

Susan smokes a few cigarettes each day and she does like to have a beer now and then. She and her husband want to do whatever is best for her baby. They also want to make sure that their decision is the best one possible for the whole family.



6/24/15



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

To Apply for SNAP visit www.njsnap.org

Think About This...

Breastfeeding Worksheet



Directions: Fill out this chart from the point of view of a woman who is trying to decide whether or not to breastfeed. For each “Think About This...” point, fill in both a good and bad reason for breastfeeding. You may not be able to come up with a positive and/or negative reason for each point, but fill this chart out the best you can.

Think About This...	Good Reasons to Breastfeed	Possible Problems with Breastfeeding	How to solve these Problems
The baby’s health and growth			
The baby’s emotional well being			
The mother’s health concerns			
How the partner feels about it	Partner feels that the baby is receiving the best nutrition possible	Partner feels left out, and jealous that the baby is taking much of the mother’s time.	Mother can pump and put milk in a bottle so partner can feed the baby
Work demands placed on mother			
Demands placed on mother other than work			
Mother’s use of medications, alcohol, tobacco			
Costs			
How family and friends feel about it			
Other?			

6/24/15



NJ SNAP - Ed
 NJ Supplemental Nutrition Assistance Program-Education
 USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Think About This...

Formula Feeding Worksheet



Directions: Fill out this chart from the point of view of a woman who is trying to decide whether or not to formula feed. For each “Think About This...” point, fill in both a good and bad reason for formula feeding. You may not be able to come up with a positive and/or negative reason for each point, but fill this chart out the best you can.

Think About This...	Good Reasons to Formula Feed	Possible Problems with Formula Feeding	How to solve these Problems
The baby’s health and growth			
The baby’s emotional well being			
The mother’s health concerns			
How the partner feels about it			
Work demands placed on mother			
Demands placed on mother, other than work	The mother does not have to spend as much time feeding her child	The mother has to spend a lot of time cleaning bottles and making formula	Get someone else to help with cleaning and preparing when possible, or organize
Mother’s uses medications, alcohol, tobacco			
Costs			
How family and friends feel about it			
Other?			

12/19/16



NJ SNAP - Ed
 NJ Supplemental Nutrition Assistance Program-Education
 USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



What's the Best Choice for Me?

Use the "Think About This" handout to think about the best choice for you.
Fill in the tables.

Breastfeeding:

Good Reasons for Me To Breast-Feed:	Problems With Me Breast-Feeding:	Can I solve These Problems? If so, How?

Formula-Feeding:

Good Reasons for Me To Formula-Feed:	Problems With Me Formula-Feeding:	Can I solve These Problems? If so, How?



6/24/15



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

Common Myths About Breastfeeding

Myth: Breastfeeding causes a woman's breasts to sag and droop.

Truth: Breasts can sag more from pregnancy as they get ready to produce milk than from breastfeeding. Your age and the number of pregnancies you have had affect your breasts more. Also, breastfeeding might reduce your risk of breast cancer.

Myth: If a woman smokes, she cannot breastfeed.

Truth: It is never a good idea to smoke around infants. The best thing for you and your baby is if you can stop smoking. If not breastfeeding is still better because it can protect your baby from respiratory problems and sudden infant death syndrome or SIDS. If you smoke, be sure not to smoke around your baby and change your clothes after smoking so your baby does not have contact with the chemicals smoking leaves behind.

Myth: Breastfeeding hurts.

Truth: Breastfeeding should not hurt. If your child does not latch on the right way this can cause discomfort. It is a good idea to have someone who knows about breastfeeding help you like a lactation consultant. Many WIC offices have lactation consultants on staff. You can also contact the La Leche League which provides services at no charge. If you have discomfort, it should be painless after a little practice.

Myth: When you breastfeed you cannot eat certain foods.

Truth: Women can eat whatever they want while they are breastfeeding unless their baby gets an upset stomach after they eat a certain food. In certain cultures, it is believed that women should not eat spicy foods or certain other food that people believe will make the baby have gas. You do not have to avoid any foods while you are breastfeeding. If your baby gets an upset stomach after you eat certain foods, try to not eat these foods and see if your baby gets better. If that works then it is probably better to not eat that food. If your baby still has a problem, speak to your doctor. One thing that you should not eat while you are nursing is fish high in mercury like shark, swordfish, king mackerel, or tilefish. Mercury can have an effect on your baby's nervous system.

Myth: You cannot have beer or wine or liquor when breastfeeding.

Truth: It is best to not have alcohol when you are breast feeding but a drink now and then can be okay if you wait two to three hours at least after you have a drink before nursing. You also can pump milk before you have a drink so you have it for later. It is important to remember that if your baby does get alcohol from your breast milk, it can upset their sleep, cause them to eat less and can even affect how they move as they grow. It is not true that alcohol helps milk flow better. In fact, studies show that it can slow down milk flow.

Myth: A mother's diet affects the breast milk which affects the baby's diet. **Truth:** Breast milk will always have the nutrients that the baby needs. What mom eats does not have an effect on breast milk. In fact, eating a healthy diet is more important for the mother's nutrition than the baby's.

Myth: A woman's breasts can be too small to breastfeed. |

Truth: The size and shape of a woman's breasts have no effect on breast feeding nor does it affect how much milk is produced.

Myth: The mother will not be able to produce enough breast milk.

Truth: Mom's breasts will almost always have enough milk for the nursing baby. If the baby begins to take more at feedings, the breasts will produce more milk. Once the baby begins weaning from the breast, the milk production begins to slow down. As long as you continue to breast feed your breasts will continue to make milk. In some cultures and in the US as well, women often breastfeed for several years.

6/24/15



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

More Bottle-feeding & Breastfeeding Help

- Breastfeeding National Network (BBN) – To find a breastfeeding specialist in your area. (800) TELL YOU
- Lactation Consultants
Check with your local hospital, Meddle, or WIC.
- La Leche League International
800-LALECHE (525-3243)
<http://www.la lecheleague.org/>
- Medela
800-435-8316
<http://www.medela.com>
- Women, Infants and Children (WIC) – New Jersey State Office
<http://www.state.nj.us/health/fhs/wic/>
(800) 328-3838

6/24/15



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station