‘My journey started with an open mind to breastfeeding and trying to gain as much information as possible. My first child is now approaching seven years old, making it over seven years that I have been either pregnant or breastfeeding or both! I knew that I was breastfed as a baby and wanted to breastfeed my child. Meeting likeminded mums through antenatal classes helped me immensely.

The early days of having a baby were exhausting and life changing but we soon settled in and with perseverance, along with support from family and friends we really took to breastfeeding. The first feed out and about was daunting but in my experience people haven’t noticed, I have felt comfortable feeding at playgroups and at many cafes and restaurants across North wales!

I continued feeding both my children until they were 3 and am now on my 3rd baby and she is still breastfed alongside solids at 7 months old. The decision to extend breastfeeding was one that developed gradually, to me, my babies were only ever one day older from one feed to the next. It hasn’t stopped me from carrying on with life, I work part time and have enjoyed nights away from my breastfed children - as toddlers they reached the point where they would feed when I was there and be happy without when I wasn’t.

I became a breastfeeding peer supporter six years  ago and feel like I can give something back to the community and support new mums on their breastfeeding journey. Who knows where my breastfeeding journey will end. No one said it would always be easy but it sure has been worth it.’