Ffion

Caernarfon - Gwynedd

After breastfeeding for nearly ten months, it will be something I will be proud of for the rest of my life! The advantages of not having to think about packing milk and warming it up when I go to a café with a group of mothers, the baby recovering quickly from a cold, and the comfort of not regretting for a minute what I chose to do.

After a fairly challenging birth with an ‘emergency caesarean’ at the end of it, the first 2 months of breastfeeding consisted of my husband bringing the baby to me during the day and in the middle of the night as I honestly couldn’t move very well, and I certainly wasn’t able to pick up my new baby. It was teamwork at the beginning, feeding the baby colostrum with a syringe on the occasions when I was waiting for the milk to arrive and periods of terrible exhaustion could have easily made me give up!!

But there was stubbornness and perseverance in me to carry on because my baby was eager to continue breastfeeding and it was certainly a constructive process that became easier over time. I remember about 3-4 months in (the most difficult period when the biggest ‘growth spurts’ were happening) the feeding was non-stop! Every hour of the day and night and I certainly thought at the time that I wasn’t producing enough milk, but after a week of non-stop feeding, the body catches up and there is always enough milk there, just put your trust in it and in mother’s instinct.

It can be a process where you feel trapped by your baby and that it’s only you that can give the baby nutrition, but there is a more flexible and open way of thinking about the process of breastfeeding too. I started to express after about 2 months in order to present my milk in a bottle at a fairly early stage to the baby. This gave me opportunities to have a break on my own, or go out to get my hair done.

All I can say is, of course it will be difficult sometimes and persevering can be very tiring but the amount of pride you have at the end of this short period makes it worthwhile. There’s so much support out there from the hospital staff, your health carer, other mothers and breastfeeding groups, go and ask for help! Use the services that are available.