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Here's my breastfeeding story with a twist and I hope it helps.

regards,
Esther Liu

Before my son Ryan was born, I was brainwashed by my mother girlfriends with "breastfeeding is really good for your baby", "you will see your weight drop dramatically when breastfeeding", "you will enjoy motherhood more when breastfeeding" etc. So I took it as it is and said to myself "OK, I am definitely going for it."

After given birth, my milk didn't come till 4 days later and when my milk finally came, it was not enough for my son's appetite. I had to breastfeed him for 1.5 hours till all my milk's gone and yet he was still hungry and crying for more. My husband and mother used to laugh and said that my breastmilk is his "appetizer" and bottle milk is his main course because we had to top him up each time with milk at the end of feed. At second week, I was exhausted from sleep deprivation, sour nipples, not producing enough breastmilk and long feeding hour. I remember one night I just couldn't wear with the nipple pain and exhaustion so I rang up my mum. As soon as she picked up the phone I started crying uncontrollably for 10 minutes because it was just too much to bear for a new mum. Sadly whenever I complained to friends around about my body doesn't product enough milk for the baby, they always said, " you haven't put him on your breast long enough and he should be sucking more often". I felt that I was being accused of not trying hard enough! At that point of third week, I was close to having postnatal depression and wanted to give up breastfeeding. Adding insult to injury, my weight didn't drop like what my girlfriends had told me. I was miserable!

Fortunately a midwife from Freemasn's hospital was patient enough to come to my house to visit me and helped me through. She offered to come whenever help is needed. Amazingly because of this midwife I actually persevered through and finally got the hand of breastfeeding. Now I am a nursing wear distributor for a brand called Mamaway and promots breastfeeding. Whenever I share my story with those mother-to-be, I always ask them prepare both mentally and physically that breastfeeding doesn't come naturally and it requires practise. If one can persevere, there will be light at the end of the tunnel.