

**Submission no. 415**AUTHORISED: 20/6/07 **Subject:** RE: Breastfeeding Stories

Hello

I found your details on the bubhub website and thought I would write a quick note.

*I started off my pregnancy quite normal, but at about 8 weeks in I noticed my breasts started to leak, not a lot at first but by 3 months in I had to start to wear breast pads full time after an incident on the train where it went all the way through my shirt and all (not an attractive look). They leaked all the way through my pregnancy and then once my little girl Stephanie was born we then had an issue latching on (or so everyone thought), after persisting for a few days by myself with the help of the midwives, I was almost at the end of my tether and I kept getting told to just persist it takes time. Then one midwife (thank goodness), said do you mind if I try to help, and as she did she noticed that my breasts were actually TOO full and this was causing huge problems. This was a relief in many ways and I ended up having to express before each feed. This is not a comfortable experience when you are out and about, and it also doesn't help when your daughter is starving hungry and you have to express first. I ended up expressing and putting it in bottles most of the time as there was just too much milk and my daughter was basically gagging on my milk.*

While a lot of mums have problems with not enough milk, I was like a cow on heat and had plenty to share. I ended up giving it away at three months for a number of reasons – I got glandular fever, was going to go back to work full time and I found it quite a hard thing to deal with in general.

It would be nice to have someone come in when you first give birth (especially as a first time mum) and give you a bit more help and to understand that it may not be the best thing for you and your baby. Also some support when you do decide to give up (no matter what the reason), as I had a lot of pressure from my mother-in-law, some friends and even complete strangers – it doesn't make you feel good at all.

Anyway I hope this helps with what you are doing, and please don't hesitate to contact me if you need more information. Also I would prefer if my email details weren't published.

Thanks

Rebecca Crosbie

5/06/2007