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Subject: breastfeeding difficulties

Hi,

I was told I couldn't feed, inverted and shy nipples. My last resort was a nipple shield which thankfully my daughter took to like a duck to water when she was 3 days old. Then I had the fear of God put in me that my milk would dry up because I was using a shield. I am still feeding my daughter twice a day and she is 20 months old.

My belief is, if you want to do it and have support and encouragement you can breastfeed. Support would be the most important factor. If you are sent home from hospital before your milk comes in and left to your own devices then you will have less success. I tried to give it away several times during the first few months but couldn't find a formula she would take. A few phone calls to Tresillian and then Australian Breast Feeding association and I was as right as rain.

Breastfeeding, lets face it, is bloody difficult. Doesn't just happen and people need to know that it isn't easy. More public awareness I say and more donations and government funding to the wonderful 'free' services that are out there for us to use. More counselors available would make the world of difference, especially when you have to wait for upto 30 minutes to speak to someone.

It was important that I feed my daughter and with a wonderful understanding lactation consultant in hospital, a husband who appreciated my difficulties and supported me everyway he could and a will to do it I achieved it and told all those who said I couldn't feed that I can and still do!!!

Sarah, Stef and Amelia

5/06/2007