

Breastfeeding for me has been a real struggle. My twins are now 4 months old and I am still breastfeeding at 2 feeds, but using a bottle with artificial milk for each feed.

I have had problems right from the start. My milk took longer to come in as I had had an emergency caesarian. We chose to use dummies to pacify our girls only to have one of my babies 'unlearn' her tongue reflex and had to be retaught by the midwives. I didn't feel I had much assistance in hospital. This was meant to be a 'breastfeeding friendly' hospital. They were prepared to teach you how to breastfeed as long as you went to their classes, but as I was bedridden after surgery I was unable to attend. I wasn't informed of the basics, ie not to use dummies for a while, how to attach an infant on correctly. Most midwives were interested in me tandem feeding. Which I wasn't ready for. There were lactation consultants on staff, however, the nurses actually dissuaded me from receiving advice from them. I received so many different and conflicting advice that I left hospital early just to stop the confusion.

My babies didn't attach correctly and we all got thrush, incredibly painful and I had to employ a private lactation consultant to teach us. I felt very lonely and isolated. Even though I had done a breastfeeding course prior to having my babies. With moving house and a lot of other anxiety producing events including a bit of post natal depression, my milk supply plummeted as did my babies weights at 7 weeks. I couldn't get a doctor to prescribe me Motilium for a couple of weeks, and by then, my babies were over breastfeeding. On joining the ABA on release from hospital, I found they were only supportive if I breastfed exclusively and no one would return my calls once they knew I had begun bottle feeding as well. After weeks of still trying to get my milk supply back and having tried all I was advised to do. I tried stout; which unbelievably worked brilliantly, but my babies had pretty much weaned themselves by 17 weeks. I am still trying to persevere with 2 breastfeeds per day only because I think breastmilk is markedly better than the artificial formulas on the market. I intend to keep breastfeeding at my capacity for as long as possible.