

Subject: Stories about struggling with breastfeeding

Dear Pauline,

As co-founder of Mum Knows Breast - an online support group for breastfeeding mothers, discussion on our group have shown that a major factor women struggle with while breastfeeding is the pressure women feel is placed on them to breastfeed and a sense of failure if it isn't working out for them.

Many mums also feel they are unable to openly discuss the realities of breastfeeding and feel judged if they do so. This is one of the reasons Mum Knows Breast was formed so women had an environment where they are openly able to discuss the realities of breastfeeding.

An online environment also allows them some anonymity to be able to find support from other mums without a fear of being judged. It seems women are after more emotional support from other mums rather than judgement on what they choose to do.

For more personal stories or information please visit www.mumknowsbreast.mumspace.net

Kind regards,

Kelly Gough