


Submission no. 411AUTHORISED: 20/6/07 

I saw in the Bubhub Newsletter that you are after stories from mum's who had difficulty breastfeeding. Well, that's defiantly me.

When I was pregnant, instead of leaking colostrum or milk, one breast would leak blood and both my local GP and the hospital staff couldn't tell me why. It was quite scary, as no one could tell me what was wrong and no one seemed to feel the need to take it further.

After having my baby, the blood coming from my breast was tested and I was told I had 'rusty pipes' or some such thing and that it should clear up after the first feed (which it did). From there, my baby was demanding feeds every hour - which I was told could be quite normal - the problem was he would start to feed at (say) 1pm and go for twenty to forty minutes at a time, go to sleep and wake up again at 2pm for everything to happen all over again. When I spoke to my GP about it, she insisted I was doing the right thing as he was gaining weight, and even though I said to her numerous times that I didn't think breast milk alone was enough for him and that something was wrong, she didn't look any further into it.

By 4 months old, he was fully bottle fed, and I was actually getting 2 hours sleep in a row. When that first happened, I cried when I woke up - 2 hours sleep in a row seems like a miracle after nearly 4 months of getting an hours broken sleep a night.

I know that you wanted information on breast feeding and what is hard about it - the lack of sleep is the worst thing. When breast feeding, you can't let someone else do it (I had trouble expressing) - you've got to be the one who's up and about. There's a stigma to bottle feeding - or wanting to bottle feed. It's like you're doing something wrong, when really it could be the best thing for your baby and for you. Giving up breast feeding was something that I didn't want to do - I wanted to feed him until he was at least a year old, but I value my sleep as well - without sleep, we all go a little crazy. My husband said to me at some stage through those first few months that it had to be a mother who named sleep deprivation as a torture - and that's what breast feeding was to me.

There's heaps of information on why its good to do it, and if you're doing it wrong how you can do it right - but there's nothing that I found that helps to allievate that gut feeling that something is wrong with your milk and that's why your baby isn't settling.

Hope that you can read through my ramblings and sort out what you need. If I can help further (or answer a set of specific questions), please don't hesitate to email me back.