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Hi.

I, like a lot of new mothers thought that breastfeeding would just come naturally - oh how wrong I was. I did not have issues with milk supply, however my daughter just did not suck properly. I preserved with the pain, lumps, and basically being glued to the lounge for 20 hours a day for 3 months, until a child heath nurse indicated that my daughter was not putting on weight adequately, and I needed to see a lactation consultant. It was then discovered that my daughter was an "ineffectual feeder" and that I needed to feed her via the bottle - either formula or expressed breast milk. My daughter was so ravenous, I could not keep up with expressing breast milk, so in the end, she has become a formula fed baby. I was so emotionally drained as there is so much information stating the breastmilk is the best, and it basically felt like you would be poisoning your child if you HAD to give your child formula. However, I am very happy to say that my daughter is growing "normally" now, and is a much happier and content baby.

I honestly believe that there needs to be much more support for new mothers with regards to feeding. There should be lactation consultant meetings/ groups more readily available - and perhaps these consultants should be employed by hospitals to assist. I personally had a dreadful time in a private hospital with 5 different midwives telling me 5 different ways of breastfeeding, and then getting most upset if they saw I was adopting an approach from another midwife! Also, there should be more support for people who HAVE to formula feed their baby. I guess some people go through a grieving process when they are forced to wean their children from the breast. For some, breastfeeding is/ was the ultimate bond between mother and child - it is the task ONLY a mother can solely do for their child, and when that has to stop, it is difficult for some.

Breastfeeding is not as easy and as natural as people believe it is, and ALL children are different.

Kindest Regards

1/06/2007