

Natural Breastfeeding Limited

This story covers: Nipple damage, Oversupply and Thrush

Hi Cheryl,

My apologies for not keeping in touch once breastfeeding with Annelise became a much more pleasurable experience. I was recently participating in a discussion group that was reviewing a Ministry of Health publication on Pregnancy and Childbirth and - as it always seems to - discussion turned to the difficulties of breastfeeding. Interestingly, out of a group of 11 participants, 3 of them had utilised your services and all were raving about how wonderful you had been at a difficult time and how useful they had found your input as they worked to establish a feeding routine with their new babies. It reminded me that I still had not drafted up a quick couple of paras for potential use on your website.

So - finally - here is a quick note from me. Let me know if it is any use, or if you would like me to enhance / trim / place different emphasis on the various aspects.

For some women - like me - the path to successful breastfeeding is not an easy one. By the time I left hospital with my new baby, my nipples were already cracked and bleeding. Clearly something was not going right. After persevering for a few more days at home once my milk came in things were still not getting better and me, my partner and our baby Annelise were getting more upset and sleep deprived by the day. A couple of days before Christmas we sought help from Cheryl at Natural Breastfeeding . . . she was at our house the following day.

Cheryl sat us down and showed us a DVD of how good breastfeeding should work. She sat with us through a feed, talking us through how to position Annelise at the breast and to hold her, how to get a good latch, how the milk flow worked, as well as suggestions for breast care and caring for a newborn. Because of the damage to my nipples we needed to take a step back for a while so they could heal. Cheryl set us out some routines to allow me to express and continue working towards establishing my milk supply while my partner did the majority of feeding Annelise for a couple of weeks. Once the healing progressed, we weaned Annelise back onto the breast - at first using nipple shields, later onto a bare breast. It was a long, slow process over a number of weeks. But we got there.

Through home visits, email correspondence and telephone calls, Cheryl helped me and Annelise establish breastfeeding and helped our family get through those tough first weeks. Later on in the process she also helped me to:

- manage an oversupply of milk (which occurred after some retained placental tissue was removed from my uterus);
- treat the effects of thrush of the nipples (resulting from a number of courses of antibiotics I had taken);
- alleviate the symptoms of Raynaud's phenomenon (pain in the nipples after feeding); and
- increase my supply of milk to meet Annelise's increasing demands.

There were a number of times when I wondered if we would even make it to three months of breastfeeding. However, Annelise is now over 6 months old and still feeding from the breast

as we start the transition towards solid food. Thank goodness Cheryl was there to help us figure out a path that gave us the option of breastfeeding.

Anyway Cheryl, I must fly as I can hear Annelise waking up for her next feed. I hope all is well with you.

Regards, Julie Kane