

# Natural Breastfeeding Limited

This story covers: Nipple damage, Positioning baby and Tongue tie

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Things started out pretty well with my newborn baby Timon. As I had already breastfed a baby I thought I would be fine. The first few days we spent in hospital after my c-section and he was latching on nicely I thought.

Then my milk came in and things started to get increasingly sore. I chatted to my midwife who tried to help things. We worked on improving his latch and tried different positions. But the pain was getting worse and worse; I was bleeding, feeling pretty battered and dreading each feed.

After a week of this, my confidence was all but gone and I was thinking "why am I bothering? Just give him a bottle!" The pain of breastfeeding was far worse than my c-section wound and when Timon latched on I was actually swearing, crying and gnashing my teeth. I honestly thought it was something I was doing wrong and if only I could get the latch right or harden up to the powerful suck he seemed to have then it would be okay. My husband and sister couldn't believe how tough it looked for me and everyone was on edge. Breastfeeding became the focus of attention and I was tired of sitting in the living room crying and talking about my sore nipples and how I dreaded the next feed.

Cheryl arrived just in the nick of time and quickly diagnosed a posterior tongue tie. My husband and I were thrilled to have found a reason why things were so tough. I expressed every second feed to give my nipples a rest.

The little operation on Timon's tongue was quick and didn't seem too hard on him. But oh the difference for me! The improvement was instantaneous - no more rasping or losing suction, no more gummy "biting". This gave me the confidence to work on improving his latch which was also a bit shallow.

Soon I was feeding everywhere, anytime with no pain whatsoever. Timon is now five and a half months old and still fully breastfed. Every couple of days I think back to how hard it was at first and thank my lucky stars that we got the problem sorted. Breastfeeding has been really positive for both of us which is something I never would have thought possible.