

Attachment B- Anna's Breastfeeding Story

"Breastfeeding my first baby was so tough, right from the start. At first, he wouldn't latch on and I was so worried he wasn't getting enough milk. The nurses in the hospital kept suggesting I give him formula; it was tempting but I am so glad I insisted on seeing a lactation consultant, who showed me the correct way to help him latch on.

After we figured out how to latch, I felt like he was permanently attached to my breasts. He would fall asleep while I was feeding him. The moment I tried unlatching him and placing him in his bassinet, he would wake up. So, I couldn't really get any sleep because I couldn't put him down. My exhaustion and feeling like I couldn't leave my baby or get any time for myself left me feeling a little down.

I also had very sore nipples. I think I even developed thrush but didn't know that I had, and just pushed through the pain. I don't think I could've done it without the help of my husband and mom. I also called the WIC peer counselor so many times!!! But I ended up feeding him for 1.5 years and don't regret a minute of it."