

Halton Breastfeeding and Infant Feeding Services

Helene's story

As a first-time mum I was adamant I wanted to breastfeed my baby, as a vegan I did not want to give formula and I knew of the immense benefits breastfeeding has for an infant.

I assumed it would be difficult, but I would eventually get the hang of it. I did not expect to have a baby who would not latch properly, painful injured nipples and mastitis.



I reached out to the community breastfeeding team who were immensely helpful and gave me many tips and tricks to try and get my son to feed better and to increase my skills.

After a visit from my health visitor and a conversation regarding the potential of a tongue tie, I was referred to the infant feeding clinic. I was nervous to go and feed in front of another new person, but Carole was so helpful, she made me feel at ease.

Due to a lack of weight gain when he was born, he was combination feeding with formula and breast milk, Carole gave me so much information regarding how much milk my son needed and really put my mind at ease regarding breastfeeding.

She was able to teach me how to breastfeed properly with a better technique and soon all the problems we were having went away. This allowed me to quickly wean off the formula and soon we were exclusively breastfeeding again.

His tongue tie was investigated at Alder Hay, although he had a small tongue tie, they decided not to cut it as it was not severe and would stretch on its own. Now at 8 months my son is still breastfeeding and starting to eat solid foods.

I wouldn't have gotten as far breastfeeding him had I not had the help from the infant feeding clinic, and I would urge any new mother to seek breastfeeding help and support if they need it, especially if they're considering stopping breastfeeding due to issues they are having.