

# Halton Breastfeeding and Infant Feeding Services

## Jackie and Zahra

The day after being discharged from hospital after giving birth I had to contact the breastfeeding team due to my baby being unable to latch on properly and within an hour I had one of the team visiting us.

After a week of daily visits they suspected she was tongue tied which had been initially ruled out and referred us to Carole at the Bridgewater Community Healthcare NHS Trust who subsequently diagnosed that my daughter was indeed tongue tied.

After being unable to wait for the 6 weeks it would take to get a hospital appointment, I was provided with the details of a private clinic who treated the tongue tie within 24 hours.

Even with this done she continued to have some problems with latching on and I also found the process extremely painful at times.

Due to this her weight gain was slow.

We continued to see Carole on a weekly basis for assistance and we gradually saw improvement. When the first lockdown happened, and everything closed down, Carole continued to see us on a regular basis and also weighed my daughter on our visits until she was around 7/8 months old.

Without the support, help and guidance we received off Carole and the team I am certain I would have given up breastfeeding very early on. Instead, I was able to continue and did so until just before my daughters first birthday and feel it has helped towards us achieving the very close bond that we share.

The support I received was invaluable and the reassurance provided gave me the confidence to carry on breastfeeding and I'm so glad I did.

