

Halton Breastfeeding and Infant Feeding Services

Jessica's story

I knew I wanted to breastfeed as soon as I found out that I was pregnant.

I knew that this was the best start to life that I could give my son and I wanted it to be something special that we could share that would only bring us closer.

When my son first arrived, he fed on my breast straight away and it just felt right. As the day went on, it started to get very difficult to get him to latch on and it became a struggle. The hospital staff had mentioned that he had a tongue tie but I didn't realise what an impact this would have on his feeding.

When I got home the latch just become worse. A few days later we had his tongue-tie fixed and I started to use nipple shields to try and give a chance for me to heal.

My son was weighed and he was only putting on very small amounts of weight which meant that he was starting to drop centiles. I worried this may have been the shields but after a few weeks of using them, he had become reliant and could no longer latch without them.

This is where the support from the Halton Feeding Team and from Carole become invaluable. I spoke with the Feeding Team on a daily basis and they came out to try and help with the positioning and latch.

We went to see Carole every week and she supported me every step of the way. She helped to improve our latch and even helped to advise us how to move away from the shields.

One day it all just clicked and my son moved back up the centiles and could feed without them. The support I received saved our breastfeeding journey and I am so proud that we have been breastfeeding for over seven months now.

Breastfeeding gives my son everything he needs and nothing compares to the closeness and comfort that we both share when feeding".