

# Halton Breastfeeding and Infant Feeding Services

## **J's story**

Our health visitor referred us to the infant feeding clinic when Phoebe's weight gain slowed down.

We met with Carole Brazier who diagnosed Phoebe's tongue-tie and asked about my breastfeeding experience.

Since Phoebe was a newborn, I knew something wasn't "right" with me and breastfeeding.

Whenever I breastfeed, pump or just randomly let down milk my heart starts racing and my stomach drops, it's a terrible feeling and accompanied with a lot of negative emotions.

Thankfully it only lasts for a minute or two but it's so intense. Carole was lovely, very understanding and told me about D-MER (dysphoric milk ejection reflex).

She explained the condition to me and told me where I could find more information online. It made a massive difference to know that this is a very real thing and I began to understand D-MER.

We are now 10 months into breastfeeding and thankfully the D-MER symptoms are nowhere near as intense as they used to be.

The past few months I have been part of a small research group testing different things that could help other mums with D-MER. It feels good to part of something that will help other mums who are having a similar experience.

I am so thankful for the support from our health visitor and Carole, it has meant I have continued to breastfeed much longer than I had ever imagined.