

Halton Breastfeeding and Infant Feeding Services

Lizzie and Martha

I had always planned to bottle feed my baby - I wanted her family to be able to have a go feeding her, I had an older child who was bottle fed, and secretly I believed I wouldn't be successful breastfeeding as I was plus size, and I'd heard it was harder for bigger women to breastfeed.

However, when my milk came in, when Martha was a few days old, I decided to start expressing milk for her. The feeding team helped me get the hang of expressing by inviting me to 1:1 session at the local children's centre, and when she was two weeks old suggested that we tried to get her to latch!

I was excited that I might be able to breastfeed after all and so I kept trying, but every feed was really painful. I'd heard that it could be "slightly uncomfortable" as they latch on, and I realized it wasn't right for me to be in this much pain.

Again, the feeding team were brilliant, recognising that there was a problem and referring me to Carole Brazier straight away. Within a few days I had an appointment with her, and she diagnosed Martha with oral thrush. Martha and I began treatment the same day and it soon cleared up.

Carole helped me learn how to get Martha latched correctly, and soon feeding her became not just comfortable but enjoyable - a wonderful bonding experience.

I continued to have regular appointments with Carole until Martha was feeding easily and well, and then I started going to the breastfeeding support club in Widnes to chat with other breastfeeding mums.

I could have given up so many times on this journey and without the help of the Infant Feeding Team I probably would have. However, I'm so, so grateful for the support I received.

