

My friends and family were wrong when they told me that babies do not grow well when they are breastfed. The midwives offered me all the support that I need and even told me I could return on Thursday if my nipples do not feel better. I was also given some tips on how I can help the nipple to heal which are working really well. The clinic has really put me back on track.

DAY SEVEN

Jake slept really well last night, he only woke twice. My nipples feel much better and by tomorrow I think they will be completely healed. At the clinic they told me that wet nappies are a way to make sure Jake is drinking well. Wow, every time I change him he pees all over me. I am feeling so confident today that I managed to tell the grandmothers that Jake is growing on my milk and needs nothing else. Jake will have days when he wants to eat more, just like me, but I'm going to trust him to tell me what he needs.

For help or further information contact:

Breastfeeding Walk-in-Clinic	2545 4445 2545 4447
Parentcraft Helpline	2545 5124
Obstetric Ward 1:	2545 5140/5141
Obstetric Ward 2:	2545 5162/5153
Obstetric Ward 3:	2545 5100/5101
Health Promotion and Disease Prevention Directorate:	2326 6000



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Getting Breastfeeding Started:

My Diary

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Today at Parentcraft I learnt that breast milk contains ingredients that will help prevent my baby from being ill. Diarrhoea, coughs, colds and flu are all less common in babies who are breastfed. It's also amazing that by being breastfed as a baby there is less chance of my child developing diabetes or suffering from certain allergies. It is so important that I make the best chance for my baby and I feel that breast milk is the best form of milk for my baby.

DAY ONE

Jake was born last night, he is beautiful. The midwife encouraged me to hold him immediately and placed him naked on my chest and covered us both with a warm towel. He looked at us for a while but seemed to know we were Mum and Dad. When he started to open his mouth and try to suck the midwife helped to put him to the breast. After a couple of attempts he managed to latch on and there was no stopping him, he fed for quite some time. The rest of the day he wasn't too interested in feeding, he seemed to want to sleep. At one point the midwife placed him skin-to-skin again and a little while later he fed again.

DAY TWO

Jake did not feel like sleeping last night, he just wanted to feed. I'm feeding him whenever he wants to even though this seems to be very frequently! He stays in his cot next to my bed so I am able to feed him as soon as he indicates that he wants to.

DAY THREE

The Paediatrician examined Jake and found him fit and well so we were sent home. It was so nice to bring Jake home. I've waited so long for this moment. I didn't expect it to be so hectic though and we had so many visitors throughout the day. I was feeling a little embarrassed trying to breastfeed in front of them all and when my husband James realized this he took our guests into the kitchen and brought them back whenever he was sure I felt comfortable. It was really reassuring having his support. By early evening everyone left and I started to relax. Even Jake suddenly seemed much more settled.

DAY FOUR

My breasts have turned into watermelons and feel like they are going to explode. I was so worried but luckily the community midwife came and reassured me that this is normal and temporary. It means that I now have much more milk which must be good for Jake. She showed me how I can express a little milk which made me much more comfortable. Jake had been struggling a bit to start feeding but once I first expressed that small amount of milk he had no more problems.

DAY FIVE

Today it's Tuesday so I was able to go to Breastfeeding Clinic at Mater Dei. The midwife sat me down, gave me cup of tea and let me cry and express myself. First we weighed Jake, he was already back to his birth weight which normally happens by 10-14 days. Jake needed feeding after this and I was helped to position him really well as when the position is not quite right it tends to cause cracked nipples as in my case. It was wonderful, the first few sucks still really hurt and then the pain disappeared. There was a slight discomfort but I could ignore it. The lady sitting next to me had a 4 week old, she loves breastfeeding Emily. Emily looked huge next to Jake and had never had a bottle of formula milk.

DAY SIX

Ouch, my nipples look and feel like they have been chewed by a tiger. I dread the next feed. I feel so tired and I'm really fed-up with everyone telling me what to do. I'm really worried about Jake. My mother and his mother think he is starving and keep telling me to give him a bottle. I really don't want to as I know giving a bottle so early can interfere with breastfeeding. But with breastfeeding you just do not know how much milk he is taking. Jake seems really hungry today, maybe he has drunk everything. I keep worrying and crying. I think James is losing his patience with me and he is little worried too.