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Why I'm so happy, and grateful for La Leche League Barnet by DW mother of twin boys.

Being pregnant with twins at age 49 and about to be a first-time mum I was keen to breastfeed, but was hearing from others that this would be unlikely. People were well meaning in telling me so, but I wanted to at least try and see how I got on.

So I bought 'The Art of Breastfeeding' book and found out about La Leche League and that local meetings were being held in Barnet. Contacting Eszter and getting to my first meeting at seven months pregnant was a Godsend.

I met lots of friendly women who made me feel at home straight away, and along with Eszter, they answered my many questions and shared their own experiences. It was interesting to meet women breastfeeding children from new born to toddlers, plus older children, and who comfortably breastfed as we talked. It made the whole thing seem possible, even with two.

I got tips to get the right support when it came to hospital admission and made sure I got to receive the right breastfeeding support when I was having my boys. All these things gave me a great start to breastfeeding my babies. I was armed with information from the La Leche League group to know for example that skin contact was essential, in establishing breastmilk supply, in particular when having a C-section, which I was. The paediatricians commented that every time they came to see me on the ward I was breastfeeding.

My boys are now aged two and half and continue to enjoy a good breastfeeding relationship. Throughout the time they breastfeed I find the regular La Leche League meetings a great support. There is always some issue to be discussed, such as maintaining supply, tandem feeding, breastfeeding toddlers, tongue tie, cluster feeding etc. The knowledge gained from these meetings is invaluable. It's also a brilliant forum for our breastfed children to regularly see other babies and children being breastfed.

The main thing for me has been continual support as my boys get older. It gives me the confidence to breastfeed older children when out and about, e.g. visiting friends, and family, on bus or tube etc. It is a good way of normalising breastfeeding. I also understand the continued all round benefits for my children and for me, and can pass this information on to others when asked.

I'm very much an attachment parent, although I had no idea of what that label was before I became a mum. I just followed my children and the cues they gave. La Leche League has helped me in my attachment parent approach. My children know their needs are met throughout, whether that be breastfeeding, co sleeping, or just hanging out together. I am a stay at home mum and enjoy taking my boys out and about daily, playing, learning and sharing our days together. If at any time they want milk, e.g. they are thirsty, things seem overwhelming, or just to touch base, they come to me for a breastfeed. If they are going through a growth spurt or are unwell we breastfeed more often, helping to meet their needs, or with their immunity.

They are very happy, content and confident children. They get their needs met. People often comment on how calm and content they are when out. They have their boisterous times too, but mostly when we are at home.

I'm so very glad I found out about La Leche League. It has definitely been a wonderful addition in raising my boys.