

From Bad Advice to Sweet Success
Lynn Ann W. – Portland, OR

Here's a story about a mom that got a lot of bad advice from well-meaning providers but ultimately succeeded at breastfeeding her sweet son...

*The feeding clinic team at Legacy Emanuel told me that the reason my son wanted to nurse for long periods of time was because he saw me as comfort, which was the problem and therefore I should limit him to five minute nursing sessions. They made me feel that it was wrong that I was allowing my son to see me as comfort. Horrible advice that made our nursing problems even worse! The second worst advice I got was that a Lactation Consultant, **not** Melissa Cole, told me that she had never met a mother who had tried so hard to nurse and that I needed to realize that it wasn't possible for me to fully nourish my son by breastfeeding*

It turned out he was nursing for long periods of time because he was tongue tied and couldn't get enough milk, you would think a feeding clinic team that included a physiatrist and speech & language pathologist could have figured that out. Instead they made a mother, who was already feeling horrible because her baby hadn't been gaining weight and nursing wasn't going well, feel as though being a comfort to her child was a bad thing. They also caused quite a few very difficult days where we tried to follow the plan they came up with.

Thank you for allowing me to share, I didn't even realize I was still healing from our nursing difficulties. I hope that another mother who is having nursing problems or is getting negative advice sees that she is not alone and can succeed. Despite all of our issues Dylan and I continue to nurse, he is now eight months old and has had no formula, only my milk. We have built a wonderful nursing relationship that we hope will last a long time.

(Note from Melissa Cole of Luna Lactation: I began working with this family when the baby was 3.5 mos old. His tongue tie had been undiscovered until our first appointment. After addressing the tongue tie and working through some layers of issues, mom and baby were finally able to enjoy their breastfeeding relationship. I am so proud of them for continuing to seek support and meeting their nursing goals!)