

Daddy's perspective...

Marc Stokes-Denson 09/05/2009

Being there to see our son born was a day I will never forget for many reasons, I remember the moment he arrived in the world and I announced he was a boy, I put Harry on Jo's Chest and even though she was exhausted I knew she was keen to breastfeed, as we had discussed it before. Watching 'Harry bobs' take a drink from his mum was a beautiful moment that seemed so natural.

In the early stages I felt a bit of a spare part and a little left out and I have been envious of the time they have together. However it was not long before I accepted this and found a more supportive role in the early stages. I did not even wake in the night, which on the face of it seems a little selfish but there was little I could do with regard to feeding. However me being more rested I realised I could support them both in a different way so the mornings became time for Harry and I, allowing Jo time to rest, this was the way I discovered that I could support them both.

My role has been more to support Jo and to be there when she needed me, I remember the first time we went out in public I made sure we were together as a family, I did not want her to breastfeed on her own as she was already nervous and someone objecting would not have helped, so I felt it was important I was there with her. Needless to say it went without comment and my thoughts are if anyone has a problem with it, it is their problem, not yours. At first it takes a little getting used to seeing your wife feed in public but eventually it becomes so normal you hardly notice.

There has been no point that I have pressured Jo she has made her own decisions, even when she had mastitis and it was painful to feed she persevered with breast feeding and got through it. I have nothing but admiration for her and her determination to continue, it has been a joy to see them both when feeding.

Once Jo started expressing I was able to do the occasional feed in the morning, so it was myself that fed him his first bottle which was an achievement I was proud of, I would take him downstairs I would change him and we would watch Rory The Race Car and play whilst mum rested, we would then make breakfast together and take it upstairs when Jo was ready to treat her to breakfast in bed. The morning became time Harry and I had together and we would chat and play whilst mum rested.

'The breastfeeding lady' has been great and has been able to support Jo in her determination to breastfeed Harry, they have been able to answer any questions and guide Jo in techniques to make it easier. I have nothing but praise for the whole experience and this is the reason I wanted to write how it is from the male point of view.

