

Janine's Journey



Hi my name is Janine Fullwood and I decided to breastfeed after chatting with my midwife. She explained the benefits, which made my mind up. My mum breastfed me and my brother so this also influenced my decision to breastfeed. However, at the same time I thought that if it didn't happen, or if we had problems, I wouldn't put extra pressure on myself.

I gave birth to a beautiful baby boy and named him Reece, my life changed forever. The birth didn't go totally to plan as in the end I had to have a ventouse delivery. But both my partner and I had the opportunity to experience skin to skin and breastfeeding started really well.

“My partner has become a breastfeeding ambassador!!”

For first the few nights breastfeeding was going really well, then it began to feel like he was feeding all the time and as usual with a newborn baby I wasn't getting much sleep. People kept telling me to sleep when baby sleeps, but it isn't that easy. When he was asleep I felt it was time for me to do normal things; like go for a wee in peace.

I went through a stage of thinking that I did not have enough milk. I kept questioning myself, wondering whether he was getting enough. So I chatted to my Health Visitor about my concerns. She explained to me that my body does produce enough; every time my baby latches on to my breast a message is sent to my brain to make and deliver milk (Like a chef and waiter) and therefore as long as I fed my baby when he needed feeding I would always have plenty of milk for him. This reassured me as she is a Health Professional. Looking back I think he was going through a growth spurt.

My first experience of breastfeeding in public was at Cannon Hall Park. I had built it up into something quite nerve-wracking, but after doing it for the first time I thought it wasn't as much of a big deal. I was more panicky about him latching on straight away so people couldn't see anything. The more I fed in public the easier it became.

Whilst breastfeeding my son I had the opportunity to attend La Leche League Breastfeeding Peer Support Training, it has really helped give me the information I needed to keep me going. Even though my breastfeeding experience has been a positive one, during the training, I felt really emotional when I was sharing my journey. I also went to a breastfeeding group where I met other breastfeeding mums.

My partner has been really supportive. He would bath him and do other daddy things to keep involved. I started expressing when he was about three and a half months so that I could go out without Reece if I wanted to. It also meant that daddy could give the occasional feed to our baby. His understanding has made a big difference to our breastfeeding experience. He even comments on the soaps on TV and how they can be negative towards breastfeeding. My partner has become a breastfeeding ambassador!!!!



I didn't think that at eight months I would still be breastfeeding, but I feel that the group and the training have really helped me. I think that if mums knew more about the benefits of breastfeeding and how breastfeeding works whilst pregnant, then, more mum's would do it and be successful at it. I have a really strong bond with my son and I feel that breastfeeding has really helped to create it.