

Lisa's Journey



Hello, I'm Lisa. When my partner and I began trying for my daughter in 2010, I found myself thinking a lot about breastfeeding and how I had failed to do it with my son. I was only 19 years old when I had Josh, and, although I wished to breastfeed I didn't have the right support around me to be successful. The fact I had failed before reinforced how much I was determined to do it this time!

I took a lot of time looking into breastfeeding throughout my pregnancy. I was also put in contact with my Breastfeeding Link Worker Suzi, who invited me to come to the breastfeeding group and gave me a lot more really useful information. The things I learned about the wonderful benefits of breastfeeding a child mesmerized me and I wished nothing more than to be successful.

After a difficult labour our beautiful daughter came into the world healthy, and I was able to breastfeed independently after 2 days in hospital. For the first six months of her life I breastfed her, thanks to the wonderful support of my family and the ladies I met at the breastfeeding group. I really wanted to write my story not just to share my success at breastfeeding but to show that the group does so much more than just support a mother in her breastfeeding trials.



I was new to Barnsley when I fell pregnant with my daughter, and my son was attending a school in Doncaster which meant that I didn't really know anyone in the local area. I would find myself stuck at home with not much to do but clean the house and plod along through my pregnancy. I craved friendship and yet had no way to find it.

When my daughter was born and I started attending the group, I got to be among other mothers and even found a friend who not only had a baby girl my daughter's age but understood my loneliness! I was invited to join in other activities in the Children's Centre where the group is held and so have made even more friendships.

Then Suzi asked me to take part in the Le Leche League Peer Support Training Programme. It was a wonderful course to attend and simply enthused me even more about breastfeeding! I passed the course this January and look forward to being able to use my new skills to help and support other mothers! All the time I have spent at the Children's Centre has really lifted my spirits. I finally feel that I am a part of the community and that Barnsley is, at last, my home!

For all this I owe great thanks to the breastfeeding group and the wonderful staff at The Embankment Children's Centre in Barnsley!

