

Sarah Fenwick

I planned to breastfeed even before my first bump started to grow; I always said

‘God didn’t give me boobs not to try!’

Unfortunately, it did not go well with my first daughter, with nowhere near the support there is now I only carried on for 6 weeks, which was heartbreaking for me as I wasn’t ready to stop. When my second daughter Ava arrived, I was determined to make it work and spoke to anyone who would listen, gathering advice where I could. I swear

“I would have asked the cleaner if I had the latch right the way I was going!”

The first few weeks were the hardest and was so grateful I knew about the growth spurt she would have around 8 weeks so I could be prepared and it wasn’t so much of a shock when she fed, what seemed like continuously. However with her only putting a little weight on each week I was close to quitting. Fortunately though, a peer support worker I met at the local breastfeeding group listened to me moan and cry and gave me some invaluable information and encouragement.

Thanks to the support Ava is now one, I am still feeding her with **no plans of stopping yet**, and she is doing really well.



Being brave enough to feed in public was also a hurdle I needed to get over, spending a lot of time in the corner at baby groups for a while praying no one would look in my direction. However, due to my stubborn streak, **I’ve conquered it now and am happy to feed her anywhere** including Sheffield arena during Disney on Ice, which she fell asleep to!

I went back to college part time when she was 7 weeks old so borrowed a pump that came in a

box the size of an electric drill,

My first reaction was ‘ I’m not putting that on my boobs thank you very much!’ I did try it though but found hand expressing a lot more successful. Using this method does have it’s funny moments as you never know which duct milk will come from. I was sat expressing while watching my girls play when suddenly my eldest span round and yelled ‘Mummy, you squirted me!’ this made my day and had me in stitches for ages.

It has been tough at times, especially when I felt my toddler was loosing out in the early months, but I have two healthy happy little girls who get on famously and

I’m very glad and proud I stuck with it.