

#04-08 - *The MilkyWay*, Breastfeeding Support Newsletter

Hello Everyone,

OK, I think we've done it. There was only One response with ideas for a title to our newsletter, which rather surprised me because I know that there are some very creative people out there.

So here it is, ***The MilkyWay***. I hope you like this name. "Table for Two" and "Reservations for Two" which, while appropriate, were already taken, so here it is! Please let your Chapter members know about our newsletter. It is FREE to all MBC members. Please share it with your local Chapter and other breastfeeding families.

I hope this finds your babies feeding well and everyone in good health. Some fun stories to share with you. The request for humorous breastfeeding stories seems to have touched a chord so if you have one you would like to share, please don't hesitate to send it in. Humour is very important in our lives and sometimes a good laugh is what can carry us through. Looking forward to hearing from you.

Also some results from *The Breastfeeding Challenge*. Why don't you sign up your local community to join in next year? Everyone is welcome and judging from the pictures and write up in our local paper, a good time was had by all. Not only is such a gathering a good way to promote breastfeeding babies, your participation will also encourage other parents of multiples to give it a try.

Write to me about anything you would like.

Lynda

Breastfeeding Challenge, World Breastfeeding Week, October, 2004

Feedback from Ottawa: "The Breastfeeding Challenge 2004 was a great success! Ottawa came out second across North-America in terms of largest sites (number of participating babies). 81 babies breastfed at 11:00 a.m. at Place d'Orléans Shopping Centre. Double the number from last year's event! Results are available on the Quintessence Foundation Web Site: <http://s107284461.onlinehome.us/babyfriendly/challenge/2004/result/result.php>"

Excerpt from The Ottawa Citizen: "...Ottawa ranked second in North America.....Only Victoria, B.C. placed ahead with a total of 104 nursing mothers on site. Mothers across Canada and the U.S. gathered at 150 sites as part of a challenge to set the record for the most babies breastfeeding at one time..."

Humour in Breastfeeding

Have you got a humorous breastfeeding story to share? I'll bet you do. These wee ones have input, starting at the beginning. Read on.....

I am a 43 year old first time Mom of 30 month old boy/girl twins. I wanted to try nursing my babies and felt that it was the best thing to do for their start in life. But being a new Mom at 40 was overwhelming and the sleep deprivation was mind numbing. A couple of funny stories were bound to come out of it.

The second night in the hospital, I awoke myself thinking that the babies were in my room not in the nursery so I reached onto my night stand and half asleep, picked up my black camera case and proceeded to put it to my breast. I quickly realized my error only to laugh with the startled

nurse who had arrived to wake me up to take me to the nursery. I told her that I had three babies- Maggie, Max and *Pentax*.

After being home for a few weeks, we settled into a routine of 4 hour feeds and I slept while they slept. One night at the 4 am feed, I got up, changed and nursed them at the same time. I must have fallen asleep because I awoke to find no babies but my shirt wide open. My husband had gotten up and seeing the babies fast asleep at the breast and me as well, had taken them and put them back to sleep and didn't have the heart to wake me. I nursed both babies at the same time until they were 7 1/2 months old and some nights I awake and miss that quiet 4 am feed when I could get up, change them, feed them and have us all back to sleep in 45 minutes! Thanks for all the effort. Ange

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I breastfed my girls, Autumn & Sierra, until they were seven months old. I did not expect to successfully breastfeed twins as I am an obstetrical nurse and don't see it happen very often. Their first feeds notified me that they totally expected to be breastfeeders. At 35 weeks gestation they sucked stronger than my term singleton. I saw it as an overwhelming task and would say to myself over and over "just this one feed" and tried to put no pressure on myself to breastfeed for a second longer than I wanted to. With my singleton I guilted myself into breastfeeding for two years despite a severe post partum depression and an infant who was ready to quit at 11 months.

So my funny story....on the day I decided it was time to quit breastfeeding, the twins were upstairs in the middle of our queen size bed. I had both babes latched on well, sucking, swallowing lots, and well supported by my enormous twin breastfeeding pillow. I was watching the babies because they had past that point when they realize that there are two of them, not just one baby seeing themselves from the outside. Sierra, the more fiery of the two, reached over with her hand and, with a devilish look in her eye, pulled the nipple out of Autumn's mouth. Autumn gets sprayed with milk because of course I'm having a let down. And for the first time I see this little Autumn dig in her heels and not be made the best of. Autumn reaches over and tries to pull the nipple out of Sierra's mouth. Sierra is smiling now because this is a game but she manages to bite down hard enough to keep the nipple despite Autumn's pulling. Ouch! So I said, "okay you two, that's enough of that," and we were done. I was not willing to sit through further sessions of "stretch the nipple" when there were so many other things to be done. Then I had to let go of my intimate relationship with my breastpump....which is a whole other story.  
Melissa

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## ***Looking for a Breastfeeding Pen-Pal***

Janice: I have a son (almost 6 years) and twin daughters (3 1/2 years). I breastfed my son, who was born at 29 weeks gestation, until he was 14 months. Initially, I rented a pump until he was strong enough to nurse. I also successfully breastfed my daughters (born at 37 weeks gestation) until they where 15 & 16 months. I found I had to supplement with 1-2 oz. of formula for the first month until I was producing enough milk to settle them at night.

*If you would like to connect with Janice, Please let me know and I will give you her e-mail (EM) address.*

If you would like to be a Breastfeeding Pen-Pal, please send in a little information about you, your babies, breastfeeding experience and your location in the Country and I will post it.