



World Breastfeeding Week



We have probably all heard the term “breast is best” and there are good reasons for that being advertised. Health benefits for Mother include reduced chance of breast cancer, ovarian cancer, obesity, osteoporosis and cardiovascular disease. Benefits to the baby include reducing the chances of infection in the baby as they get antibodies in the milk, reduced chance of sudden infant death syndrome (SIDS), less diarrhoea and vomiting, obesity and type 2 diabetes. What they don't tell you though is that breastfeeding is not always as easy as you expect it to be. I remember being told during my NCT classes that breastfeeding would not hurt and if it did then I wasn't doing it properly. From a personal stand point I am not sure I believe in that! Babies gums are very hard and nipples are not used to being chomped on – I cannot imagine how the combination of the two would not be painful to start with! However, after riding the storm of the first two weeks, it was the most amazing experience. It helped me bond with my girls and gave us special quiet time together every day. If you are pregnant and would like help with breastfeeding over the early days or are having issues then please do contact me. I am not a trained breastfeeding advisor but I am happy to help with the knowledge that I have gained from feeding my children and helping others through the process.

Equally, if you were not able to breastfeed, please do not beat yourself up – it is not as easy as some people think. Occasionally, people don't produce enough milk or struggle with the physical or emotional aspect of it. Although “breast is best” and I am an advocate of that, as long as you feed your baby then your baby is being loved and nurtured – whether it is from a breast or a bottle, they are being loved. No more Mum Guilt!

Great East Swim training: I completed the challenge! I managed to swim a mile open water in Alton water in 54 minutes and 42 seconds. That's better than I managed in the swimming pool not in a wetsuit. I was definitely shaky when I made it out of the water. I have now signed on for the 1 mile Loch Lomond swim in August and the 3km swim in Fritton lake in September – time to get swimming! Would anyone like to join me?

Blessings,

Caroline, your Parish Nurse

Caroline: 07588 706869 Caroline@CapelParishNurses.org.uk Wed & Fri 9:30-2:30

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