

Dealing with Thoughtless Remarks
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Even when you are feeling comfortable with your breastfeeding choices other people's thoughtless remarks can make you feel anxious or upset. Remember that the remark is a statement about the speaker's feelings or experience and not about you. The following is a collection of remarks that might be made to a mother nursing beyond the local or personal norm of the speaker and some examples of responses. When you are feeling challenged by other people's feeling about your breastfeeding relationship talking with a Leader can help you frame your replies and renew your confidence.

Remark: "How long are you going to breastfeed that baby?"

Responses:

- ⇒ You're wondering when he will wean? I'm curious about that too.
- ⇒ That is up to him and how long he seems to need it.
- ⇒ *Partner's name* and I are not worried, we are in no hurry to stop.

Remark: "Didn't you just nurse him?"

Responses:

- ⇒ We love to cuddle.
- ⇒ He evidently forgot!
- ⇒ That is the nicest part; we're not tied to a schedule.

Remark: Aren't you awfully tied down?

Responses:

- ⇒ I'm indispensable and I like it that way.
- ⇒ I appreciate your concern but no I don't feel tied down.
- ⇒ A nursing baby is so portable it is really the opposite of being tied down.

Remark: If you weren't nursing him I could help you more.

Responses:

- ⇒ But you have been so much help already! If you hadn't *<fill in the blank>* we couldn't have made it this far.
- ⇒ You'd probably like to spend more time with him. How about giving him a bath later?

Remark: Don't be a martyr. You don't have to breastfeed to be a good mother.

Responses:

- ⇒ You are right, there a lots of wonderful mothers who don't breastfeed.
- ⇒ Who's a martyr? I really enjoy breastfeeding.

Remark: He'll never let you go, you are making him overly dependent!

Responses:

- ⇒ I understand that you see it that way but we each have our own way of doing things.
- ⇒ Our closeness now will make him secure enough to be independent when he is older and ready for it.