



La Leche League Canada

Because breastfeeding isn't always easy, we're here to help

from Allie and Jane

We learned early on that our second daughter, Jane, hated riding in her car seat – she always wanted to be nursing, or at least able to nurse at any moment, and driving was about the only time she couldn't be. We live in a small town where there is no La Leche League Canada Group, but I started going to monthly evening meetings in the nearest city last

summer when Jane was a month old. Someone gave me a copy of *The Womanly Art of Breastfeeding* during my first pregnancy, and I had been trying to go to a meeting for three years, but somehow it hadn't happened yet. I had a lot of difficulty nursing my first daughter Tanis, and I persevered until we reached my goal of exclusive breastfeeding when she was about three months old – and then nursed her until past age two.



I didn't realize how much of a difference some extra support might have made.

As for going into town, I soon realized that I would have to take the bus if I wanted Jane (and me!) to be happy, since on the bus I could hold and cuddle her and she could fall asleep in my arms, nursing, as usual. I have very fond memories of boarding the bus two hours before the meetings began, just me with Jane in her baby carrier, heading for the fellowship of the wonderful LLLC Leaders and other supportive moms. Despite the sleepy bus trip afterward and getting home late and tired, it was often the highlight of my month – I really needed the encouragement to help remind me that I could trust my own mothering instincts and that I was doing the best thing for Jane. I wish I had discovered LLLC sooner!

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The feeding issues we were having necessitated pumping the milk from my right breast, as she couldn't get it out herself, and then feeding it to her via a tube at the breast. She also wasn't gaining weight as fast as is “normal,” and we slowly decided together to only use my left side because the other caused us both so much trouble. But Jane was a happy, healthy, bright-eyed baby, and hearing the reassurance of the others at the meetings was really one of the biggest factors in my eventually making



peace with our situation and trusting that Jane was thriving on one breast's worth of breast milk alone. I had to tune out the negative advice I was getting from other places, but the help of LLLC got me through it. Now Jane is not only getting plump, but getting happier riding in her car seat. I may even try to drive to the next meeting!

I don't understand everything about the science behind the health aspects of breastfeeding, but for me it's enough to know that breast milk is what babies were made to eat, and that nursing is what they were made to do. With both my daughters, it took some work for us to reach our goal of exclusive breastfeeding, and La Leche League Canada was such a great help with that. The physical aspects of frequent breastfeeding give me a constant reminder of the special relationship I have with Jane. I feel like her need for the comfort of nursing has made me a lot less selfish than I naturally am and has really strengthened the bond between us. We all know how much little ones need their mommies, but I am learning from Tanis and Jane how much I, as a mommy, need my children, too – for as long as she nurses, Jane and I will be inseparable!

And now I am considering becoming a La Leche League Canada Leader myself someday, so that perhaps I can help other moms who, like myself, struggle with breastfeeding but desire so much to do it.

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Thank you so much for supporting the work of La Leche League Canada. I wish to personally ask you to [make a donation today](#) in support of the continuing great work of this important organization helping mothers and babies just like us.

♥ Ellie & Jane