

My Breastfeeding Story

By Samantha DeGrasse

Having children has been one of the most satisfying experiences of my life. To think I created something so beautiful, and that God predestined whom I would love and mother for the rest of their life is truly amazing.

In reading books about pregnancy and giving your child the best of everything, I came upon an article about breastfeeding. As soon as my pregnancy was confirmed, I purchased one of the best books discussing breastfeeding titled, "The Womanly Art of Breastfeeding." Breastfeeding is truly an art. It brings you and your child to a level of greatest intimacy. There is such a connection between you and your child when nursing.

After my son was born, was cleaned up and put back on my chest, I immediately wanted to try nursing. I was excited about the prospect of giving my child the best of nutrients, fats and a strong immune system. I was fortunate my son latched on right away. I felt great pleasure in doing so and knew this was something I would continue. And because of that, I nursed my son for 18 months. Of course I got a lot of dirty looks or people with discouraging comments, "Doesn't it hurt when you nurse?" or "I hear the first 4 months are good enough, why are you still nursing?" I remained positive and explained to them the benefits of breastfeeding. It decreases ear infections, builds up the child's immune system, decreases infections and illnesses in mommy and baby. It has been four years later and my son has never had an ear infection or any major sickness (except for a minor stomach virus or cold). I am so positively sure it was because I wanted to nurse my son, had a yearning to nurse him and learn more about breastfeeding and its benefits. I spread the word to a few of my pregnant girlfriends and let them

know the importance of breastfeeding and they felt truly encouraged by my words. I attended La Leche League meetings in my home town and shared my experience with the pregnant and first time mother's, to have patience with yourself and your newborn in the breastfeeding experience. I expressed it may not come easy or natural and every mother and baby is different, to know that your child will get the best of your nutrients.

I gave birth to my second child July 31st and I too decided I would nurse again. My first experience went great and I hoped the second would be also, even if it would have been a bit difficult. However, my daughter did latch on right away and am so proud I am able to have another successful breastfeeding story. I intend on nursing her for as long as I can and spread the positive word and La Leche League's philosophy. I enjoy looking at my daughter satisfied with my breast milk and seeing her growth on just the breast milk alone.

It is my desire to join the team of La Leche League women to spread a positive word about breastfeeding. I would like to work as a team member and work with pregnant and first time moms on their fear of breastfeeding and help ease that fear. Because I have two positive nursing stories, I feel I am a perfect candidate. Although I am not a team leader, on my own freewill, I talk to other women about the benefits of nursing and how great experience it was for me and I know it would for them.

Samantha DeGrasse is a mother of two beautiful breastfed children, son Jaden who is four years old and Sophia who is 3 weeks old (at time of submission). She is a published children's author and freelance writer.