

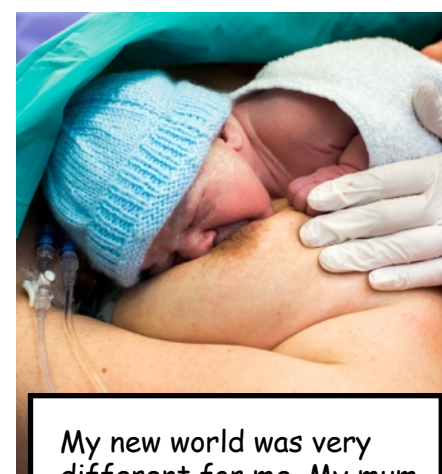
Champion



Mum went to a breastfeeding workshop when she was pregnant with me. I was cosy and warm in her womb.



My first feed was colostrum which gave me all my mum's antibodies.



My new world was very different for me. My mum kept me warm and cosy with skin to skin and I could hear her heartbeat again. She talked to me and I could recognise her voice.



I found it a bit difficult to latch on at first, the midwife showed mum how to hand express her colostrum and cup feed me until I got the hang of it.



With a lot of help and support from the midwifery team, health visiting team and peer supporters I soon got the knack of breastfeeding and my mum became more confident.



I grew and put on weight really well, I soon got into a pattern of feeding.



Mum and I were soon out and about all over the place and few people knew we were breastfeeding; it was lunch on the go.



At six months I started eating solid foods too, breastmilk was all I needed up until then.



Mum is now having a new brother or sister for me to play with.



Mum has plenty of milk for both of us.



I stopped feeding when mum and I were ready.