

What makes us feel proud about breastfeeding and support we offer?

- Always try to acknowledge and praise breastfeeding mums in baby clinic
- I loved the closeness – skin to skin - close contact bonding
- Empowering to women
- Knowing that I have grown him inside and out
- Didn't give in to peer pressure from my non breastfeeding friends
- Being able to help others
- Giving best start to your baby
- Making a difference
- Having persevered at something I found really difficult and breastfeeding for over a year
- Proud that with my knowledge of breastfeeding through the peer support training – I have helped people to continue feeding who may otherwise have stopped
- I support mothers with their decision to breastfeed and to continue to do so
- My breastfeeding has improved my child's health
- Giving my baby all the health benefits of breastfeeding
- Charlotte Church – you'd be stupid not to
- Reasons to be proud : overcome difficulties and odds, kept going, boost confidence in being a mother
- Bond strong with baby/toddler
- Instinctive, response to baby's needs and trust process
- Breast is Best!
- Helping to protect my baby from illnesses
- Doing the best for my children
- Helping resolve problems!
- Providing the best start
- Breastfed for 13 months, skin to skin and healthier for children
- Proud to have come through the other side when it was all stacked against me
- Exclusive breastfeeding for 6 months. Got us out of trouble when we had an eight hour delay at night in Palma airport.
- Fed my daughter successfully after problems feeding my son
- Commenced the Post of Breastfeeding Co-ordinator with Newport Surestart with continuation rates
- I introduced the LLL Peer Counsellor Programme to Wales
- Feeding and going strong – 10 months old
- I breastfed my three children – than anything I have ever done!
- Helped a friend overcome her bottle/breast dilemma. She then breastfed for ten weeks
- For the last 10 years I feel I have been able to encourage many mothers into believing in themselves and their own abilities
- Making breast feeding a top priority for each area of Community First
- Proud that I managed to persevere through when it was initially painful.
- Helped in putting Wales on the breastfeeding map of the world

- Set up Baby Café in Blaenau Gwent, working towards Baby Friendly Accreditation in the Community of Blaenau Gwent
- Empowering women and encouraging them
- Encouraging others
- I carried on breastfeeding my first born child until he was one year old despite negative comments from my friends and family. The reason I carried on was because of the goodness that my child was getting – he looked like he was thriving
- Encouraged a friend to start breastfeeding, helped a parent overcome her fears of breastfeeding
- I'm proud that I breastfed my own babies, I find it so satisfying helping mums to breastfeed with home support, baby café and baby clubs
- Proud to breastfeed in public places with confidence
- Encouraged and empowered mums to continue breastfeeding and overcoming their problems
- Successfully gone through cracked nipples, mastitis, etc! to breastfeed two children over past four years. Am also proud to have started a peer support group
- Groups that I have started in the Communities First areas that were not there before, making links with relevant agencies that weren't there before
- I've helped mums to feel more confident about themselves when breastfeeding and to help them carry on
- Achieved Baby Friendly in the Gwent Maternity Units
- Gave my kids the best possible start

Conference participants have many reasons to be proud! 26 JAN 2009



Breast Start

www.breastfeedingtorfaen.org.uk