

Kia Ora, I am Mum to 4 children from 10 years to 22 months. My first 3 babies' breastfeeding journey was relatively smooth - I enjoyed breastfeeding my babies and found it one of the nicest things about having a baby... so it



was a huge shock when my 4th baby was born with a cleft palate, which makes it anatomically extremely difficult to breastfeed. However, I really wanted her to get all the benefits of breastmilk even though she was unable to nurse from the breast directly, so I expressed milk full-time for her first 15 months and fed her from a bottle designed for cleft babies. She has been an extremely healthy baby and has managed to avoid all the ear infections, glue ear etc. that are so common with babies born with a cleft palate. I am convinced this is due to her having lots & lots of breastmilk!

I understand the challenges of pumping, and also the grief that can be experienced when breastfeeding doesn't go as planned. I also have experience with pre & postnatal depression, tandem & extended breastfeeding, nipple tenderness and mastitis.

I am currently enrolled to study midwifery, and would love to use my experiences & training to help other mothers in the future!

Helensville Breastfeeding Support Fb page

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