Speaker 1 ([00:21](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=21.99)):

[inaudible]

Dianne ([00:24](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=24.02)):

Hi, welcome to the bad ass breastfeeding podcast. This is Dianne, your lactation consultant, and I'm Abby, The badass breastfeeder and today's episode is brought to you by earth mama organics. Earth mama organics manufacturers, organic herbal care for the entire incredible journey of motherhood, nurturing women and their whole families from pregnancy to postpartum recovery, breastfeeding and far beyond. And today's episode is also brought to you by Niki's natural wipes. Niki's has set a new global standard for premium baby wipes. 100% natural ethically sourced, EWG, certified, and biodegradable. We will hear more from those sponsors. I want to tell you real quick, we have transcripts now that you can find at badassbreastfeedingpodcast.com by the little CC next to the play button. You can also, while you're there, scroll down and enter your email address and we'll send you our episodes every week, so you don't have to search us out.Um, and I think that's all. And Dianne has our review of the week. I have our review of the week. It is from I'm going to totally butcher this name. So I apologize in advance, but it's MasheyatC. She says she loves it.. I'm 15 weeks pregnant and 15 episodes in. I love this. So seriously, so much. It's been so helpful and I'm writing notes as I'm listening, both Abigail. She called you Abigail. Ooh, she knows. Yeah, both Abigail and Dianne are being honest and upfront about both the good and the bad sides of breastfeeding. Thank you. And can't wait to hear the rest and congratulations to you on your pregnancy and hope everything is going well. And I am glad you're listening while pregnant because that's perfect. That's what we like that. Well, we like everybody listening, whenever, but I think it's great to get the info when you're pregnant, you know, like I think it's awesome.

Abby ([02:17](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=137.75)):

And we get so many reviews and emails from people that tell us, Oh my gosh, I wish I'd found you when I was pregnant or I wish I'd found you earlier than six months in or whatever. So I'm really, really glad that she found us early. And that's awesome. So good luck with the rest of your pregnancy. I'm sure it will be wonderful. And you can send us a review. We would love to hear from you at iTunes, put it on iTunes, or you can send us an email@thebaddestbreastfeedingpodcastatgmail.com. And this kind of, I feel like fits in a little bit with kind of what we're going to talk about today, because it says that we're being honest and upfront about both the good and bad sides of breastfeeding. And we might talk a little bit about the good and bad sides of a lot of things today.

Abby ([03:05](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=185.15)):

So yesterday I was having a nervous breakdown and, um, I was like ranting and raving around my house after Dianne and I had already decided what we were going to talk about today. And I said to her, I said, you know what? I want to do an episode one day. That's all of the things that, what was it? 10 things that Abby is effing sick of. Was this yesterday? It was yesterday. Oh my God. I feel like it was like days ago. She's like, that's what we need to do then. Like, let's just do that. Yeah. And I was like, all right, well, I'm just going to, like, I had like a therapy session where I was like, okay, I'm going to write, I'm going to write down all the things that are bothering me. Well, it's so therapeutic.

Dianne ([03:45](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=225.46)):

And I mean, it might be like, you know, of course we want everything that we talk about. It's usually, you know, based on breastfeeding, a lot of times we'll bring in like tips and myths and you know, blah, blah, blah, all that stuff. But come on mamas, we deal with a lot of crap all day long, right? Like we do. And everything feeds into being a mom. Everything impacts our ability to be a mom or what we think our ability to be a mom is like, and it doesn't hurt to, for people to know like, you know what, we're human, we are human. And we're not part of this like image that you see on social media where everything is perfect. So I say, bring it on, tell us the things you're effing sick of.

Abby ([04:27](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=267.67)):

I'm just gonna use all the curse words and I'm gonna curse up a storm and I'm going to pound on my table. And like, I really want to do that. And I it's a bad ass breastfeeding podcast. I don't think anybody would like be alarmed if I like let a few F bombs go, which I do anyway. But like on a tirade, I know that some of you are at home listening with your kids, you know, it's like it's listed as like a family podcast. So maybe I'll just like, I don't know, try to not like, fill your room, your houses with curse words all day.

Dianne ([04:59](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=299.26)):

You could imagine Abby swearing. Yeah. I do it all the time. Um, so yeah. Anyway, um, so I'll just get started. I was going to say it was going to be like, he was going to sound very nice if I had 10 things, but I could only think of eight things that in the moment were driving me nuts. Um, and actually I think maybe it's seven now that I'm looking, but I was like, I'm not going to start invent things then I'm at about, cause I'm like literally mad about these things right now. And those might lead us to other things while we're talking. Yeah. I don't know. It might. Okay. So here's my first one. And this is like So today is the, um, today you guys are listening to this it's um, August 31st, it's the very last day of black breastfeeding week.

Abby ([05:42](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=342.97)):

We've been celebrating the black community and they're breastfeeding for seven days as we do every year as we do every year. And by the way, every day, it's not just this year that talk about like the issues that are going on in the black community, everything, but I'll specifically here, like breastfeeding and maternal and mental health and all that stuff. Um, maternal and infant health, but also mental health, but every, every aspect. Um, so here's the first thing I'm sick of. I am sick of black people needing to explain why we need black breastfeeding week. I am sick of this. I can't, I cannot understand. Okay. I can understand. Cause we are filled with racists and filled with people that don't want to deal with the fact that, you know, there are some really, really, really terrible stuff going on that we need to address or people are going to continue dying.

Abby ([06:37](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=397.64)):

And this is like, I'm so sick of people being like, well, why do we need black breastfeeding week? Like, first of all, they said, they need it. That should be enough. Right. But you know, they were like, okay, let's try to make everybody understand. So they actually gathered research, gathered, you know, history and wrote like tons and tons of stuff on what is going on in their communities and why they need help. Like as if we can't just say, Oh, you said you need help. Let's help. I feel like, is it like ignorance? Is it just ignorance that people don't like it is willful ignorance at this point because there is so much information out there and there is just so much information in your face. You can't avoid it. People are willfully ignorant. They don't want to deal with it. They want to just say, you know, stop complaining.

Abby ([07:31](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=451.7)):

You're doing it to yourself. You're all of this. And, um, it's disgusting. And those people are not invited into my community anymore. I, I had a whole thing over the weekend where I was like, and this is not just this week where I've been feeling like I want to get off of social media. And social media is where the bad ass breastfeeders started. It started on Facebook. It's a very big community. It's like something that I'm very proud of. It's something that I work my ass off to build for eight years. And I've gotten to the point where I'm just like, I don't know if it's worth it. My mental health, my, I can't not. And again, not just like, you know, not just this week, but I got to this weekend and I was like, maybe I will just do it. Like, you know, well, I'll just get off.

Abby ([08:14](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=494.27)):

And like, you know, it's just time for it to end and just whatever. I don't want to deal with people anymore and all of this. And you know, I, I even put it out there and people were like, you know, telling me what they thought about it. And then so through some of these conversations, I was like, wait a minute. I, if I'm sick of people and people do not, and their values, you're not lining up. Why are they in this community? I'm not leaving Facebook. You are, you are leaving my community. The people who do not have values that align with the community do not need to be there. Block ban delete. That is my new philosophy for dealing with social media and all the stress that comes with it. That's a really great that it's a really, really great point that if those people have that kind of attitude or those people have that kind of mindset, that they shouldn't be involved.

Dianne ([09:02](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=542.97)):

Why are you here? Right. And you know, honestly, like I want everybody to know that for the last three years that we've been doing this podcast every single year, right before this week starts, you always say to me, Oh my God. Now I gotta get like mentally prepared to deal with black breastfeeding week because I always, there's always pushback. There's always stupid comments. There's always, you know, negativity like this happens every year, but this year, especially it's just like hitting home. Well, yeah. And it's like, we're in the midst of like a civil rights uprising, which is a beautiful, beautiful thing. And I just, I it's like, you know, so, so attentions are already high and I never anybody who was black, who was listening to this right now, I never put out there, like, I've only said that privately to Diane about like, I have to get mentally prepared for this week, because I know that this week is your life every day, you know, I won't get to say like, Oh my God, this week is so hard for me having to deal with people, talking about racism.

Abby ([10:03](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=603.29)):

You know, like I know that that's not a thing. Like I will never ever like compare my experiences to what the black community is going through, but I am an ally and I'm going to be in it. And I'm going to be, you know, doing all the things that I can do. And I just don't think anymore that arguing with racists who are not open to information who are not open to learning who are not opening open to supporting black and Brown people in this community need to be in this community, out with yourself, don't let the door hit you in the ass on the way out as I click ban. Right. And I don't say that to be like, you know, I know, but I just want people to know that like, this is it all, like, it's always, it's a constant like education piece, you know?

Dianne ([10:47](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=647.48)):

And it's just like, because we're empath, it is hurtful to see other people saying really negative things about the amazing mothering that the black and Brown communities do. And yes, we're honoring that because why shouldn't we just like, we honor all the other aspects of breastfeeding. Like we are honored. This is your week. And it has been for a very long time. This is not new. It is not new. No. And I've gotten, yeah. And that's just, so that's what I'm sick of. Yeah, no it's, and I know we're a third through the podcast and we're still talking about number one, which I don't want to say the rest, obviously the rest are just like totally small beans compared to this, because this is like a whole, this is, this is people's lives. This is like America, the system that we need to burn to the ground. This is like such a big thing that we're doing that the rest of them are going to just sound silly. Um, and they are, they're not, you know, but what we, what, so in order for people who are open and who do want to support, um, the black, Brown and mothers of color and you know, the people in our community, um, start with last week's episode and happy black breastfeeding week. Cause it is our community. It is ours. Yes. Yes, absolutely.

Abby ([12:13](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=733.92)):

Okay. So,

Abby ([12:17](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=737.46)):

So what's the number, right? Here's my number two. Number two is the fear-mongering around bed sharing. Oh my God. I am so sick of it.. Yeah. Yeah. And, and, you know, people even send us emails. Like you need to educate yourself on SIDS and how bed sharing is a risk of SIDS. Okay. That is wrong. Two different, completely different things. This is not even the same conversation. And so this is what we're saying. You need to educate yourself on bed sharing. Okay. And stop this whole society has brainwashed everyone into thinking that you're going to kill your baby. If you lay down with your baby, even though we've been laying down with our babies, since we've been having babies and suddenly like a million years ago, like it's been going on forever and every country around the world, since humans, were humans. And we even before that mammals and primates and whatever, living things, sleep with each other, right?

Abby ([13:21](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=801.99)):

Like, I mean, this is, there's so much misinformation and there's so much fear-mongering, there's even, you know, we've talked about this on the podcast before of like, you know, those, these public health initiatives that are like, you know, sleeping with your baby is like sleeping with a butcher knife or sleeping, you know, these posters and it's disgusting. It's so degrading. It is so insulting to suggest that somebody's wanting to sleep with their baby feeling that that's right. Feeling like they're getting more sleep, feeling like it's healthier are somehow a bad, bad person. And it's like, that makes me so angry. And it, an, all of the research is complete opposite. You know, you, we have all of the, we have all of, we have episodes and episodes on bed sharing and James McKenna and all of his research, which he actually does the research on sleeping breastfeeders and their babies.

Abby ([14:21](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=861.3)):

Now we're not, of course not all bed sharing is safe, you know, if you're drunk, if you're, if you're, if you're not breastfeeding, these kinds of things are risk factors. Sure. But safe bed sharing is normal biological norm, nothing to do with SIDS. SIDS is not the same thing. It is not. So those people that really feel like that we get emails from them saying, you need to educate yourself on said, you shouldn't be telling people to bed, share. It is not the same thing at all. And those people need to educate themselves on what SIDS really is, because it's not the same thing. And that's what the fear-mongering comes from. It's wrong information it's inaccurate and families should have the correct information to do what they want to do to make an informed decision for what is right for their family. Not be scared into doing something that they feel isn't right for their family.

Abby ([15:18](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=918.47)):

Totally. Exactly. And I'm wondering if we should stop for an, for an word from our sponsors before we go on. Okay. Just because, you know, time flies does. I realize when you're on the baddest breastfeeding podcasts and you're just bitching about stuff. Yeah. It really goes by fast. Okay. Today's episode is brought to you by earth mama organics at earth mama. We recognize that becoming a mother is the beginning of a series of profound changes. Often it changes the way we see the world because we're looking through a new lens and that can lead to a big question about what we put on and in our body, which is, is this safe for my baby? Earth mama organics manufacturers, organic herbal care for the entire incredible journey of motherhood, nurturing women and their whole families from pregnancy to postpartum recovery, breastfeeding and far beyond marrying generations of women's wisdom about traditional herbal solutions with evidence based research makes mama earth organics, safe, effective, and trusted formulations range from certified organic herbal teas, like the best selling organic milkmaid tea to Castiel soaps, balms lotions, soothing sprays, sunscreens deodorant, and two kinds of non-GMO project verified, nipple cream, the organic nipple cream and the vegan nipple cream experience their botanical rich products for yourself.

Abby ([16:44](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1004.93)):

Head to earth, mama.com and use code badass for 15% off your price. If you're a purchase, this does not include travel kits. U S orders only. And this offer ends on September 31st. So hurry up to earth to earth mama organics and use code badass. And today's episode is also brought to you by Niki's natural wipes. Niki's was created out of the passion of two new parents wanting to protect the health of their new baby Niki conventional baby wipes contain harsh chemicals, chemicals that can lead to redness, itchiness, dry skin, a burning sensation, and even blisters and urinary tract infections utilizing the miraculous antibacterial qualities of menuca honey, combined with the proven ability of coconut oil to moisturize dry skin Niki's has set a new global standard for premium baby wipes. The smell and feel of the wipes is unique. 100% natural ethically sourced, EWG certified, and biodegradable.

Abby ([17:50](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1070.16)):

My kiddos wipe their bums with these wipes every day. And they're pretty happy. Check out the first, all natural baby wipes on the market at Niki's dot com. That's N I K I s.com and use promo code badass 10 for 10% off of your purchase. And you can find these promo codes, these links to the sponsor websites. If you missed it over at badass breastfeeding podcast.com and there you will find show notes about links and further information about things that we talked about in this episode, you will find all of our breastfeeding resources, you'll find all of our other episodes you'll find. Um, and you'll find information about scheduling your lactation consultation with Diane. And it's just fun. It's fun. It's just fun. And who's our shout out. Yeah. Our shout out is, let me pull this up here. Our shout out is, , I think you say Jamii, it's a J a M I, I midwife Jamii midwife, J Jamii J a M I I means community in Swahili.

Abby ([19:02](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1142.46)):

So it's Jamie midwife. Um, the, her name is crystal and she's a student midwife, a labor and birth nurse, um, birth rights activist, committed to improving birth experiences and outcomes for black people. Awesome. So this is a beautiful Instagram account. It's very empowering and very educational, and I highly suggest that you follow Jamii midwife. Um, you can also find her website@jamiimidwife.com with information about her mission and that's, it's fantastic. Sounds awesome. Yeah. And so the other things that I'm sick of, okay. So this next one, we're going to change like the tone a little bit, um, to something that really drives me crazy. That is kind of silly. I think it's ridiculous, but so, okay. So you know how some people will say like, they'll, they count their breastfeeding journey in months? So some people say like, I've been breastfeeding for two years, but some people say like, well, I I've been breastfeeding for 28 months.

Abby ([20:09](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1209.87)):

And then inevitably when people, cause I share, you know, people's stories and people, whatever, always when somebody counts their breastfeeding journey in months, somebody swings by and says you've been breastfeeding for two and a half years. And corrects them because they don't like the fact that they are counting their breastfeeding in months. And then somebody will be like, what's 28 months. I'm bad at math. Can you do it in years? And I will tell you like, I ban those people every time. Good. Not like I literally feel it inside of my body. When I, when that happens, I cannot understand why you would feel the need to spend your energy commenting on how somebody decides to count their breastfeeding month and, and their, their journey. And I've decided that I'm going to start counting mine in seconds.

Abby ([21:13](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1273.86)):

And you have a hard time doing math well I'm sorry. You should have learned math. That's translating months into years is not math. I mean like, seriously, if you can't do that. Oh my God. But this is really, it takes a second, but Jesus really, really ridiculous. It's so petty. And it's, so again, you are not invited in this community. I am cleaning house. Like there are, there are people that if you feel the need to do that, that's just a sign to me. No, bye-bye right. Obviously you have some kind of complex where you have to be like, you know, and maybe in your head, you're like, Oh my gosh, why do people do that? But you don't need to comment on that. Like, you don't need to try to make somebody change

Abby ([22:00](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1320.03)):

Things the way you think they should state that. Like, you don't even know these people. Like I know, I feel all kinds of things about people all day. And I won't say it right. You don't have to say it, say congratulations and move on or say that's so many months. I can't even figure out how many years that is. That's amazing. Right. You know, and honestly, like the first thing I thought of when you said that was maybe people do it in months, so they won't be criticized by how many years they've been breastfeeding. Maybe, maybe it's just that every fricking day is such an accomplishment, right. That you know that we're counting and months. And again, I'm going to start counting seconds because every second is like an accomplishment. People are, this is what I'm saying. See, I know, I feel like this is such a like negative Nellie episode, but like that's annoying.

Dianne ([22:50](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1370.52)):

I can't, it's so ridiculous. They don't do that. No. And you're like these things on social media, like you're posting them on social media because it's a place where women go for support. Exactly. Yeah. Not to be shut down on how you put something out there. Not to be shut down on how you choose to state your years and months. Like it's for support. That's the name of the game. And if you can't do that, then you don't need to be there. Nope. I know. It's so true. I feel like I've had such a revelation this weekend.

Abby ([23:29](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1409.31)):

All right. Here is number four telling moms that they're selfish because they choose to drink while they're breastfeeding. My God telling moms that they're selfish for any, anything that they do while they're breastfeeding. Yeah. Yeah. But drinking is a big one, especially things that have bodies of research and literature and science that say that there is no harm. You know what I mean? Like if I saw like somebody who was like breastfeeding in, in, I was going to say in the middle of the street, but I did that once for, for a photo shoot. So I can't really say that. Well, I'm sure people were judging me and fine. You know? I mean, it's not like you're, you know, I don't know, like walking on a tight rope between like two buildings in downtown Chicago and you're breastfeeding and you could fall to your death.

Abby ([24:24](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1464.83)):

Like, I don't know. Somebody could, somebody might be like, Oh wow, she shouldn't be doing that. But like, it's inevitable again. When like, whenever you bring up this topic of alcohol and breastfeeding, there's always these people that come by and are just like, that's so selfish. Why would you do that? You're so selfish. You listen, you guys, you are not selfish taking things for yourself, doing things for yourself, doing things that you like does not make you selfish. You are a good parent period. Right. Those judgemental people need to go elsewhere. Yeah. Yeah. Just because you're breastfeeding does not mean you need to give up your entire life. No. And like, why, what is that? What's what this culture, that's just like, if you're a parent, you have to like suddenly yeah. You have to give up everything. You have to give up yourself. You have to give up all of yourself and everything that you like and everything that you do and everything, or you're bad and selfish and God forbid anything enjoyable.

Abby ([25:33](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1533.02)):

You can't be, you can't enjoy yourself. Yeah. What is that? That's like a very, that is a sign of a very, very sick society. It is. Yeah. And people that are just like, I don't know, like maybe are they just jealous that they did not do those things? You know what I mean? Like that they felt like they couldn't do it. So not everybody can't do it. Right. Maybe if I can't have fun, you can't have fun either. Right. And if you don't want to drink fine, don't I mean, it's like not saying you should drink, but like, if I don't know why we can't mind our own business. People just cannot mind, cannot handle that. Other people do things differently than they do. Like people cannot handle it. Well, I just don't understand why anybody should have a voice in what you do with your baby.

Abby ([26:24](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1584.53)):

No. Yeah. That's nobody's business, you know, like it's nobody's but nobody tries to control other things, you know? Like, Oh, are you going to dress your baby in that today? I don't think that's appropriate. Oh, you want your baby to go to school? I don't think you should do that. Oh, you want your baby to stay home? I don't think you should do like, come on. It makes it so hard. It makes it so hard because like, I think social media is a lifeline for people. Like certainly now during the pandemic, but like before, too, because we're already so isolated from like any sense of community in this country that like people go online and I found this found a way to connect and to feel like they've got friends and you know, and that's a great thing, but like, you'll have to wade through all of this nonsense, like all of this negativity of people, just like sitting at their keyboards, clicking away about what people are doing.

Abby ([27:21](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1641.87)):

It's like ruining it. You're ruining, you're ruining. Everything is sucking the life out of people. It really is seriously just trying to find something to relate to in some way to engage in a positive way. Like there's, we've got plenty of negativity around us all the time. You don't gotta bring it in these needless ways. Right. And you don't know what other people are dealing with. You know, like maybe that mom that finally had a glass of wine is celebrating the fact that she can have dinner with her partner tonight. And hasn't been able to do that since the baby was born. And now you got half the people on the internet, like bashing her. Yeah. People just like the ground opened up and like swallows people. Like why God calm down. Just like keep your negativity of yourself. Yeah. I mean, I just, yeah, I don't know.

Dianne ([28:12](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1692.42)):

I just can't deal with that. And that's kinda how I feel about like, this has nothing to do with breastfeeding, but it just popped into my head, like holiday shopping. And I know like, obviously it's gonna be different this year, but people that are rude, you know, like you go out anybody that goes out in public, you're rude, rude to your server. You're rude to a cashier. You're rude. Like go stay home and shop from home. Then like, if you can't be nice and stay home. And I feel the same way about this stuff. It's like, if you can't say something positive to a mom that is just like doing what she needs to do, when she's on, on these breastfeeding communities to find some connection, then just stay off the internet. Like just stay out of those groups. Join one of those negative groups. There's a ton of them. Oh, there's lots of those. Yeah. Join them. You could be negative all day long on those groups and everybody will love you for it. Just, yeah.

Abby ([29:08](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1748.25)):

All right. I think we've got time for one more. And so I'm going to pick this one, the entire concept of modesty. So this comes up, of course, when we're, when we're talking about nursing in public, right. And people say, well, you should use some modesty. So first of all, that is just a word that has no meaning to control women and their bodies. Yeah. Modesty is subjective. I was just about to say that. Yeah. So it has to do there, no definition of modesty and I cannot handle women or anybody breastfeeders being told that they are, you know, doing something wrong by breastfeeding in public, without a cover or without, you know, some kind of something that's covering up. Some part of skin that somebody for some reason thinks, needs to be covered up.

Abby ([30:16](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1816.18)):

Ridiculous. I don't understand, like, you know, this is so harmful to people, to have this idea in our society that people's bodies need to be regulated, that they need to be, you know, controlled. This is disgusting. And this is the kind of thing that needs to stop, stop using the word modesty, just stop using it. People use that word to suit their own need. You know, it's ridiculous. It's again with people deciding how things need to be done. And then everyone around them needs to do it that way. Well, I don't think that you should show your shoulders. You should be putting on a, a cover. Well, who are you to regulate my shoulders? The fact that breasts are regulated at all is something that makes me want to tear this place apart. Well, yeah, that is not okay. No. And people that say, Oh, I really think that's something that should be done in private. It's a private thing between a mother and a baby that should be done in a private place.

Dianne ([31:27](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1887.82)):

Right. You know, you do, you know, did you know that your breasts are not reserved for the pleasure of your partner? And we had this, we did this on a podcast once they are not a sexual organ. No, they're not. They're not. And that's just in our culture that is like totally made up and it's disgusting and it hurts us and it hurts breastfeeding. And the word modesty should be flushed down the toilet. You know, when I worked in the hospital, I remember there was one time and this happened more than once. But you know, moms sometimes if I would go in and even now, like even now in the peace office, like if I go in to see them and they're breastfeeding, sometimes they don't like completely expose themselves and that's up to them. Like, I'm not going to be like, Oh, let me see what's happening.

Dianne ([32:17](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1937.83)):

You know? Like, it's just, I follow the lead of the mom. Right. And there was one time in the hospital where the mom was not, you could just tell that she was just like I feel like everything's fine. Like she did not want me to see what was going on. And that was fine because you know what, when you're in childbirth, you are completely exposed to everybody and everything. And that is uncomfortable for a lot of people. Yeah. When they bring in like 20 people. Exactly. And then like shove them around your vagina and then you can, we bring in the nursing students now. And how about the bringing the residents here? Everybody sees everything. You have everything. And then you go on to, you know, then your postpartum and people are like touching your breasts. No, like that's not okay. And I remember one of the nurses being like, Oh, now she's got, now she's going to be modest. Oh my God.

Dianne ([33:10](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=1990.13)):

Let her do what she wants. Like, come on. Like, it was just, this is why I can't never go to that back to the hospital. Well that and a zillion other reasons. But it's like, nobody should ever tell a woman what she can do with her body. That is up to her. Like you said, it's subjective. And if she is sitting in her hospital room, 12 hours after she had a baby and was completely exposed to who knows who without even being asked most of the time, if they could look, touch, feel any of those things. And then she wants to be a little bit private when she's breastfeeding. Who am I to say anything? Who is anybody to say anything and then if you want to breastfeed in public and you're comfortable with that, who is anybody to say anything? Oh, I just can't. I just can't. It's disgusting. It's true. And we're out of time. We'll see you next week. Thanks for listening. Thanks for the free therapy, everybody. Bye.

Speaker 1 ([34:08](https://www.temi.com/editor/t/00lmz2yWdXcvNxMfzarAhh8v6CU_b2Qtbey2a06Cjm8ZpEm8H98TFCIzuZCMT0j4jksZl7cf7EAxfuJB5raklhv9snE?loadFrom=DocumentDeeplink&ts=2048.62)):

Bye. [inaudible].