

Dianne ([00:21](#)):

[Inaudible] hi, welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant.

Abby ([00:23](#)):

And I'm Abby, the badass breastfeeder and today's episode is brought to you by Fairhaven health. Fairhaven health sells the wildly popular milk saver that has moms raving about how much milk they're collecting by simply collecting they're leaking breast milk. And today's episode is also brought to you by Original sprout. Original sprout carries safe, effective, and pediatrician, tested shampoos, conditioners, styling, and body care products produced and packed in California. And we'll hear more from our sponsors later, but I want to remind you that we do have transcripts now, and we have an email list that you can enter at [badassbreastfeedingpodcast.com](http://badassbreastfeedingpodcast.com). You'll find the transcripts, by the play button on each episode, and you will find our email list, scroll to the bottom and you can enter your email and we will send you our episode every Monday or yeah, Monday. And you won't have to remember because who wants to remember things. I know we're getting so grown up and it's such a big girl podcast now and I don't know if you guys noticed, but Diane plugged in her microphone.

Dianne ([01:43](#)):

I know it was plugged in. It was plugged in. It just wasn't on the right output. So if you have been experiencing audio issues for awhile, now we are working very hard to fix those and they should be getting better. And we'll, you know, we should be sounding like we're in the, we're in the big leagues. Now I know, because we finally put on our big girl podcast panties. Yes. They say bad-ass all over them. I, you have our review of the week. I imagine. Yeah, I do. And I love this. I love this name. I could be saying it wrong, but it's hapstoner, which you know, like that's fun anyway. Awesome. First time, mama. "Thank You so much, ladies. I'm a first time mom. I know I wanted to breastfeed in the hospital. They were afraid my baby girl had low sugar. They kept trying to take her to the nursery to feed her formula. I stuck to my guns did not allow them to feed her formula, stuck to my guns. And why don't you give her what she needed? I did have an emergency C section, so I needed her skin to skin with me so we can, my body moving And less than 24 hours, she was doing great. Thank you so much for the info. This makes me more confident." So congratulations to you. I love that people listen to this and it makes them confident and able to really like voice their opinions and stick to their guns. You know, like I think that's amazing. And that's what we want. We want you guys to really be able to be like, no, I know this is right thing for my baby and for me, and this is what I want to do so good for you. That's awesome. And if you want to send us a review, send it to iTunes because that really helps us a lot. Or if you don't have iTunes, you can send us an email [badassbreastfeedingpodcasts@gmail.com](mailto:badassbreastfeedingpodcasts@gmail.com) and we will read it and we love to hear it from you.

Abby ([03:50](#)):

And today we are talking about getting started with breastfeeding.

Dianne ([03:57](#)):

I was making this list. I was like, this is not the list that people are going to want to hear. I don't think, you know, like, cause I think like they, okay, great. Give me the five things that I need to do to like be off to this great breastfeeding start. But the five things that I decided were the important things I think aren't really, they might not even necessarily be breastfeeding related. Right. So right. So let's go. The first one is feed the baby, right? Duh. But what I mean by that is don't let anybody say to you, you just fed the baby. You don't need to feed the baby again. Or your baby needs to eat again. Didn't you just

feed your baby or you're maybe only needs to eat every two hours. Why is your baby eating again? Or, or your baby only needs to eat every three hours why are you feeding the baby. Again, feed your baby. Whenever you want to feed your baby, latch your baby all the time. Because in the beginning, that makes a huge difference. One for your baby who is connecting with you, they were just born. They need that connection. They need that trust. They need that security. They need to feel you. They need to hear your heartbeat. That's where they want to be too. It does great things for your milk supply that is getting ready to come in. So just keep latching your baby. It's totally fine. Your baby is not starving. Your baby will want to feed your baby. Want to be there for many reasons, other than feeding, just feed your baby. That's all you need to worry about. Really? That's your only job.

Abby ([05:38](#)):

Well, don't fall into that nonsense of like, Oh my God, I need to do this. And I need to do that. And I'm not doing enough. And I just sat on the couch all day and I shouldn't be doing that. I'm lazy. No, you know, you have one job and that is feed your baby. Don't get up unless you want to. And don't feel guilty about it. Right? Push all that away. Cause that's just nonsense.

Dianne ([05:59](#)):

You only get this time once. You know, you only get it once and it's your, it's what your baby needs. If you just listen to your baby and your body, that's all you need to do. Really? It's all you need to do. So feed the baby. That's my number one thing. Hold the baby. That's my other thing. So what that means is hold your baby. Don't let anybody question why you're holding your baby. Don't let other people take your baby. Don't let people question why you're constantly holding your baby. You should put your baby down. You shouldn't hold your baby to sleep. You shouldn't hold your baby. Do it. Connect with your baby and keep your baby close to you. That's really important in those early days. It really is. I can't even stress that enough.

Abby ([06:47](#)):

Yeah. And people will come by and they'll be like, you're good. You're going to give them, you're going to teach them a bad habit. They need to learn to be independent. You need to, you need, they need to, you need to put them down. Sometimes people will say this to you. Oh, it's ridiculous. I mean, they'll say like, you shouldn't be holding your baby that much. That's too much. They're going to get clingy. They're going to get, they're not going to learn how to self sooth. They're not going to blah, blah, blah. Oh my God. People just need to shut up. It's so ridiculous. You have that article. Like they even do research now on like how like people pay money to do research on like how it's good to hold your baby. Like good God. Yeah. So where have we come?

Dianne ([07:29](#)):

I know. And that's something like, eventually we're going to do a podcast on that. I found this hilarious study on like how holding your baby is good. But it's like a 16 page study that neither one of us have read yet because we have other things to do. So. And we already know the holding. Your baby is important. So we haven't read that study yet, but eventually we're going to read it and we're going to tear it apart and we're going to laugh and we're going to talk about it on a podcast because this is important. And when I worked in the hospital, I remember saying to people, Oh, you know, have you been able to do some skin to skin? Like, and this were for babies that weren't feeding. Well, did you some skin to skin? Oh, well I was going to, but we have company coming. Oh, well I was going to, but somebody else wanted to hold the baby. Oh, well yeah. You know, no, this is your baby. People will get

over it. It's okay to not hand your new born brand, spanking new baby to other people. And I'm not saying like, you know, to like, you know, hiss at people and stuff and make them go away. Like people want to be helpful and they want to OOOH and AHHH over your baby, but you can feel okay to say, you know, I'm not comfortable with other people holding the baby yet. That's okay. But do not be afraid to hold your baby. Lots of skin to skin. Lots of connection time. Cause that's what they need. They need you and sometimes go, Oh the baby cries If somebody else holds them, the baby's too connected to you. Now the baby only wants you. You're the mom. The not supposed to be. There's nothing wrong with that. . It's not a bad sign. That's a good sign. Yeah. It is totally normal thing. And honestly like the more the baby connects with you, the more independent they are moving forward. That's just the bottom line. But yeah. And I know it sounds like it's, you know, counterintuitive, but it's not like that's what happens. The more you respond to your baby, the more independent they will be because they know you're not going anywhere. They're there with you all the time. You're responding to their needs all the time. They become very secure children. And adults, yes. It goes with them into adulthood. Believe it or not. It really did to their future relationships, the relationships that they have and then the relationships with their children. And then this is how we talk about healing, the world with parenting and healing, generations of trauma with parenting, because it changes everything. It changes the relationships people have with each other and their environment.

Dianne ([10:10](#)):

It just, yeah. If more people did this, it would really make a difference. Yeah. Like overall, so that is my number two thing is to hold your baby. My number three thing I get on my soap box about this a lot is no pumping unless absolutely necessary. And when I say absolutely necessary, I mean, your baby separated from you. For some reason, maybe they were early. Maybe they have jaundice and they have to go under lights. You know something. There's some reason why the two of you are separated. Then that's obviously a reason you need to pump. Your baby Isn't gaining weight Well for whatever reason. And they're telling you to supplement that is when we need to pump. Cause we want to be able to give the baby breast milk instead of formula for supplementing, if possible, that is a reason to pop. Just because you're going back to work at some point in the future.

Dianne ([11:03](#)):

So you want to start pumping on day three of your baby's life. No, that's not necessary. Stay home, relax. Like Abby said, sit on your couch. You do not need to pump that early in the game. And it causes problems. It's one more thing to do. It can cause an oversupply issue, which is a huge problem. And you're not, you're spending time bonding with a pump who wants to do that? Just don't worry about it. Don't pump yet. You don't need to. And I know you were never really a pumper either. So it's like, no, but I was pumping when I with Jack, when I had Jack and I was in the hospital and they told me that I wasn't making enough milk and I needed to supplement with formula. I started pumping. I was like, Oh my God, I need to, my milk's not coming in.

Abby ([11:54](#)):

I need to make milk. So I was like giving him formula. Cause they told me to, and then I was pumping to try to get my milk to come in. And how insane is that?

Dianne ([12:01](#)):

Oh my gosh. I know. And people like, I have moms that just like, just start doing it. Like they go home and they're like, Oh yeah, I started pumping. It's like, yeah, because it's just the norm.

Abby ([12:11](#)):

Yeah. Well there's this total belief in our culture, I mean like you even see it like on baby registries. I'm having a baby and then so, okay. Here's a pump. It's like, well, wait a minute. Why are we buying a pump? First of all, you do not need a pump in order to successfully breastfeed. You need a pump. If you need to spend time away from your baby, but it's not an automatic breastfeeding.

Dianne ([12:36](#)):

Yeah, absolutely. And if you'll say, Oh well, you know, I want to be able to let somebody else feed. I want to, and that's fine. There's nothing wrong with that. If you want to have, you know, your partner, a grandparent, whatever, feed the baby, eventually that's fine, but you don't need to do that on day three of their life. Like it's not, it's not necessary. Just try to relax. But we see all these things on social media about, you have to have all this milk stored away. You have to start pumping early. Sometimes people will be like, Oh, I had a milk supply problem from day one. So I needed a pump and people are like, Oh my gosh, I don't want to have a milk supply problem from day one. So I'm just going to start pumping from day one. You don't know that person or what their story is.

Dianne ([13:21](#)):

So if you feel that like, you know that new mom anxiety of, should I be pumping? I'm not sure what to do. Talk to a lactation consultant. Talk to them, have them, watch your baby feed, have them tell you what's going on and help you to feel better about this and make a plan of when to start. But you don't need to be doing it. As soon as you get home from the hospital, you really don't. It's not necessary. You have time unless you're one of those people that unfortunately has to start back at work very, very, very, very, very early, like within two weeks. And then that's horrific, horrific, but that's a whole different story. So try not to do that. You don't need to pump., Let's take a break before I do these last two.

Abby ([14:09](#)):

Today's episode is brought to you by Original sprout. Original sprout carries safe, effective and pediatrician tested shampoos, conditioners, styling, and body care products produced and packed in California, USA. Their hair and body baby wash is made with gentle moisturizing ingredients, such as organic calendula and refreshing Rosemary extract. Rosemary helps stimulate scalp circulation and calm cradle cap and eczema. This hair and body baby wash is ideal for babies, children and adults alike. All of original sprout products are Parabon and falate free vegan and cruelty free their proprietary formulas contain nourishing extracts from fruit, vegetables, and flowers that the whole family can enjoy. They are not just for babies anymore. Check out the entire line at [ororiginalsprout.com](http://ororiginalsprout.com) and use code badass for 25% off your order. Originalsprout.Com code badass 25% off. And today's episode is also brought to you by Fairhaven health. The milkies milk saver collects your leaking breast milk As you nurse or pump allowing you to store extra breast milk effortlessly with each feeding. Simply slide the milk saver into your bra or tank on the non-nursing side. The milk saver collects the breast milk that is leaked. When your breast milk lets down, then simply transfer the milk into a storage bag. The milk saver holds a little over two ounces of breast milk. People are constantly shocked at how much milk they are leaking and were losing to a breast pad. People are reporting that they are collecting several ounces a day and sometimes a whole day's worth of breast milk. It's common to think that you are just leaking a few drops, but when the leaking breast milk is collected throughout the day, it adds up to a lot of milk. It's comfortable, durable and reusable and has a protective lid to prevent spills.

Abby ([16:13](#)):

Check out the milk saver at fairhaven health that's FAIRHAVENhealth.com and use promo code badass for 10% off of your purchase. Badass 10% off at Fairhaven health and all of our episodes and our,ul lost my sheet. All of our, here we go. Uall of our sponsors and their links can be found at badassbreastfeedingpodcast.Com. You can head to the show notes under this particular episode, you'll find links, the promo codes in case you missed it, you will find on badassbreastfeedingpodcast.com. You will find all of our breastfeeding resources. You will find all of our other episodes and you will find information about scheduling your very own online face to face lactation consultation with Dianne. Absolutely. Shout out? We do have a shout out. Our shout out of the week goes to the black birth experience. BBX is what they call themselves. Their mission is to bring awareness to the black birth experience by, by honoring the work of black birth workers and empowering the black birthing community. You can find them on Instagram with again, a beautiful and informative and educational feed. And, u,u can find them also at blackbirtheexperience.org about all of the, u,rvice and information and resources. We were talking about tips for your first day of nursing.,

Dianne ([18:02](#)):

Yes. My next one is to ask for help and to ask questions. And this I feel is really, really important, especially in those early days because you're brand new mom, right? Like you're a brand new mom and I don't care if it's your 18th baby. Like, they're all different. You don't remember those early days, you know? Like, and these are things I hear all the time and maybe you're thinking like, maybe you have one baby and you're listening to this. And you're like, Oh my gosh, next baby. I'm going to know exactly what to do the second baby or the third baby or the fourth baby. Like you forget, you forget what happens in those early days. You really do. And then those moms will come in and they'll be like, I just didn't. I forgot about this part. You know? Like, so ask questions.

Dianne ([18:53](#)):

And especially if it's your first baby, people assume you know what to do. And I see this every single day, I see this and moms will tell me, nobody told me that nobody told me that in the hospital, nobody told me that I should wake my baby up and not let them go six or seven hours without feeding. When they're first born. Nobody told me that I should try to burp them. Nobody told me how to position because they, the staff at the hospital, they do this everyday, all day. You're their 18th person that day, you know, like you, but this is your first one. They don't tell you these things because they assume, you know, which is wrong because you don't and they should just assume nobody knows. But this is, and I worked there. I know exactly. Like I see it all the time.

Dianne ([19:39](#)):

And I see these moms coming out of the hospital being like, nobody told me that my baby was going to be sleepy. I didn't know. You know, like, I didn't know that that was what happens. I didn't know that, you know, jaundice makes them sleepy. I didn't know. You know, like, so ask questions, do not be afraid to do that at all. Somebody says to you, we need to supplement your baby because we're afraid that their blood sugar is low ask them. Why ask them what the blood sugar should be. Ask them. If they tested the blood sugar, asked them, can you breastfeed instead? And well that like, there's, you don't have to just blindly say, Oh, okay. All right. Yes, I'll do that. Absolutely ask questions because you're not going to know otherwise. And that's really, really important for you to be educated on what's going on with your baby. Definitely ask if you're not sure what they're telling you.

Abby ([20:26](#)):

Yeah. There's a lot of things I'm not going to offer you, especially in a hospital. They're not going to say like, Oh, expect this and expect that. No, they're not. They're just like go home. No, they don't. They don't offer a lot of information. And like a lot of times you don't even know what to ask. You know? I don't even know if it was this episode of the last episode when we were talking about somebody was listening while they were pregnant. And like, cause then you're just know, you know, like you're more prepared. And of course, if you didn't and you now have a baby, it's not too late to learn, but it's so confusing because you just don't, you're not given. If you're not told we don't see people breastfeeding, we don't see people caring for babies in our society. So we are just like starting fresh when we're, when we hold a baby, it's just like the first time that we're ever exposed to this. So we don't even know how they're supposed to act. We don't know what to do at all.

Dianne ([21:22](#)):

You don't know what's normal. And, and especially now in the middle of this pandemic, I have moms that are leaving the hospital in 24 hours. Like with a C-section being sent home babies, aren't feeding. Well, you know, and it's just like, they're just going home because they don't want to be in the hospital, which I don't blame them. Nobody wants to be in the hospital. And they're trying to get, just get people out and moving. But it's like, nobody knows what they're doing, you know? And it's, and then you go home and you're kind of like isolated at home. So ask questions. That's really important to just be able to like ask questions and ask for help, do not be afraid to ask for help. And that's for like when you're home, that is when you're, you know, if you are in the hospital, if you had a hospital birth or whatever, ask, put that call light on, have them come in and help you ask them, you know, like that's definitely a big, big part of learning everything that's going on with your baby.

Dianne ([22:21](#)):

And then when you're home ask for help, you know, like ask for people to help you. If you have people that are designated, you know, they're safe, they're healthy. They can come over and help you. Don't let them come over and just sit there and hold your baby, have them help. You have people, you know, deliver groceries to you, put it out your door. If you don't want people to come in, you know, ask for help because you want to be able to recover, have the time to recover, have the time to just sit around and enjoy your baby. And for some reason, I feel like we're too afraid to ask for the help because we want everybody to think like, we can just do it all.

Abby ([22:54](#)):

It's also not, it's also a part of our society. That's not very, like, it's not, it's like taboo to need things to ask for help. You know? Like you're, you're just, you know, I need help. Can somebody help me? It's just like, Oh, you know, you're weak. You can't do it yourself. Like we have this, just this totally individualistic. Like I'm, you know, independent, focused society. That that is like your weak if you ask for help.

Abby ([23:23](#)):

Well, no and we have people doing everything. Parenting day and night awake day and night, going to work up all night. Like this is not, this is not normal. I mean, it's normal, but it's not healthy. It's not, this is like, and people are just, you know, it's hard to ask for help. And then where is there to help? And it shouldn't be normal, honestly. It should not be normal. You should be able to get help and you should be able to get unbiased, help. You know, you shouldn't have people that are coming in to help you

commenting or putting down your parenting decisions and saying things to you like, Oh, you shouldn't be breastfeeding so much or, Oh, you shouldn't be doing this or, Oh, you shouldn't be eating that. No, they are there to help you. They should be there to follow orders. Right. Have a list. When I teach birth classes and stuff like that, I used to be like, have a list. If people want to come over, they can do those things.

Abby ([24:23](#)):

There is like, there's things like that around. There's like these little sheets that are like, when you come to visit the baby and it's like, things that you need to do when you walk in, like wash your hands, whatever, whatever. And then there's like a checklist list of tasks and you have to sign up for one of them and people like, you can hand it to people come over. They have to do the things and they have to pick something like take out the trash, do a load of laundry, do the dishes like, you know, you can have people just come in. If they want to come by, sure, and you have to pick something to do for me. Right. There's nothing wrong with that. You shouldn't have to ask people to do this. I mean, we should just live in a culture. That's like bending over backwards to take care of new parents. I mean, we don't. So then it's like, Oh, here's these new tricks that we can get people to like do stuff for us. It's insane,

Dianne ([25:07](#)):

Epecially. I mean, and this is for any birth, any birth at all. I don't care what it was, but especially with a C-section delivery, like, especially, especially if it's a C-section delivery that you were not expecting to have, which is the majority of C-section deliveries because, and I was, I was a C-section delivery with my twins and it was expected delivery, but I also had a two year old that was running around, which is not easy to do with a C-section delivery. That is major surgery. It is major abdominal surgery. My only bathroom in that house was upstairs. Like if you weren't expecting to have a C section and now you go home, you need to bring everything from upstairs downstairs. If you have an upstairs downstairs house, you know, if you don't have everything on one level, you need to bring the diapers down.

Dianne ([25:59](#)):

You need to bring the, you know, everything that you need right there. So you can stay with the baby all the time and not have to worry about going to get things. I mean, that's people need to help you. That is really important. You should not be expected to do everything. It just shouldn't be, you know, it just, it feels to me like, Oh, you know, you're, you're doing great. You're doing fine. You can do all these things. No, that is, I mean, and it's like now, like a lot of times partners go back to work pretty quickly. You know, it's just like, if partners are off at all. Right If they're off at all and you're stuck there by herself, no people should be helping. It takes a village. It really does. It takes a village of support. And we don't live in that village setting anymore. So you have to create it. And you know, if you don't and you're super overwhelmed, then you know, it's not that you're doing something wrong. It's just that this is undoable.

Dianne ([26:55](#)):

You can't do everything. You know? Like I feel like we see that village sometimes. Like if people die, which is a horrible thing to say, but like, if somebody passes away in your family, people will bring food, people set up a meal, train, people will send you cards. People will, you know, reach out to you. How are you? Is everything okay? What do you need, blah, blah, blah. But when somebody, when a baby's born, we don't do that. Like, come on. That's crazy. My last one is to be kind to yourself. And that is a really important thing to remember. It really is because parenting is hard. Being a mom is hard. And if you're coming home with a baby, you're tired. You're probably sore. You're trying to figure out what to do. And



we tend to put a lot of judgment on ourselves. No matter what it is, you know, I, the baby's crying. I must've done something wrong. The baby's not eating well, I must've done something wrong. If you have other children. Oh my gosh. I'm not paying enough attention to my other child. I'm not good enough. Like, it is really, really hard to feel Okay. But it's really important to know that like, you're doing great. Like it's, it's fine.

Abby ([28:16](#)):

Yeah. All that stuff is normal. It's normal to feel like completely defeated and tired and exhausted. And you feel like your body is just been run over by a truck. And you know, there's so much of this, like just disdain for that in this culture, just like, Oh, get yourself together, put your makeup on, do your hair. No, God. Stop it.

Dianne ([28:38](#)):

And we, you know, then we look on social media where everything looks perfect, everything's perfect looking, Oh my gosh, look at, you know, me, I've done all these great things today and I've, you know, done this and that. And my house was perfect. And I mean, I worry about those moms. Honestly, like the moms that I talked to where, everything is, Oh, everything's great. My house is clean and I'm doing this. And it's like, Oh my gosh, something's wrong there. It should not be, it should not be like that. Like, that is one of the things that I get irritated with with social media is that like, so many things are not portrayed as, as it usually is. It is, you know,

Abby ([29:18](#)):

Right there. We're not being honest. No. I mean, I see this. This is a lot of times why I, I shy away from sharing, like the professional photos, even though I do love them. And I've certainly had plenty of them done of me. And I love them, but like, they're very, like, they're, they're not, they don't often tell. Well Sometimes they do,

Abby ([29:42](#)):

But they don't often tell like the reality of it. You know, I like to share the photos that people share that are just like, they took themselves or somebody on the couch, you know, their partner took them while they were standing there and you could see, so people can kind of normalize. We can see what actually what life actually looks like. It's not like completely manicured.

Dianne ([30:10](#)):

And it shouldn't like, it just shouldn't be, no, it doesn't. No, it doesn't need to be. So be kind to yourself. That's a really important piece. It's okay to have those breakdowns. Like sometimes people will be like, Oh, I just had a breakdown yesterday. I'm like, you only had one, but you know, I probably had 12 and I'm not a new mom. You know, it's like, that's okay. Like, it's really, okay, this is hard. It's new. And it's hard. And it takes time. And I say a lot of times to new parents, your baby is only however many days old. Like we need to cut everybody some Slack and, just get used to each other and be kind to yourself, especially because it's really it's okay. The expectations, our mothers now have expectations that are through the roof and it's, you know, it's not necessary. We don't need that. We just need a mom and a baby to be connected to each other. That's all, that's the only expectation we want. And you know, that'll happen. So that's my list. So it's not like, Oh, I'm going to give you these great tips to like, make breastfeeding a breeze. But those are things that I think are really, really important to remember. It's a really important, thank you so much for sharing that. Thanks for listening! See you all next week. Bye!



Dianne ([31:19](#)):

Bye!

New Speaker ([31:19](#)):

Sharing that. Thanks for listening. Yeah. See you guys next week. Bye. Bye. [inaudible].