Speaker 1 ([00:00](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=0.45)):

Music

Dianne ([00:21](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=21.38)):

Welcome to the Badass Breastfeeding podcast. This is Dianne, your lactation consultant.

Abby ([00:24](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=24.111)):

And I'm Abby, the badass breastfeeder and today's episode is brought to you by FairHaven Health. FairHaven Health brings you the milk saver on the go - the on the go version of the wildly popular original milk saver that collects your leaking breastmilk. 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 packaged in the USA, like the scrumptious baby cream, which we'll hear more about later. Um, but right now Dianne has our review of the week. But let me also say, you can also go to the Badass Breastfeeding Podcast, scroll down to the bottom and enter your email address. And you will have our episodes sent right to your inbox every Monday.

Abby ([01:16](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=76.46)):

So you don't have to search us out. Right? What could be easier right now? Dianne has our review of the week, I think.

Dianne ([01:22](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=82.52)):

And it came to us from Instagram.

Abby ([01:24](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=84.5)):

Oh, cool.

Dianne ([01:25](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=85.19)):

So this is from Joannimal59 on Instagram. Hi Abby and Dianne. I came across your podcast a few weeks ago and I just had to get in touch to tell you I love it. I'm currently six months into breastfeeding my baby Number two, after feeding baby number one for two and a half years only stopping because I found feeding while pregnant was very tricky. Every time I listened to an episode of your podcast, I think I've heard the best one that I listen to an episode and I say to my husband, "no, this was even better." I love finding out all the cool new things about breastfeeding. There's so much to learn. Even after years of feeding my babies, I've been really fortunate that the part of the UK, where I live has a fantastic feeding support network. And I wish all mothers had a system like I have access to because it's definitely what helped me feed as long as I have. I'm now directing all the feeding moms I come across to check your podcast. So empowering and informative. I wish I'd have found you when I was pregnant with my first listening to you both while I'm cooking the dinner makes me feel like I've got a little support team giving me a boost throughout the week. I look forward to hearing many, many more keeping badass Joanna. Thank you, Joanna. She's in the UK. We have a lot of following in the UK. I love it, but she's, I'm glad that she has found resources there where she is, because there's a lot of places that don't have any resources and, you know, moms are just like looking for their own resources.

Abby ([02:50](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=170.69)):

I think the UK is very similar to the United States. They breastfeeding rates are really low. There's very little, um, you know, support. There's a lot of stigma around like the, you know, breasts and things like that. I think it's pretty similar.

Dianne ([03:05](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=185.25)):

Yeah. So thank you so much for being a listener and for sending us a review, she did it through Instagram. If you can put it on iTunes, that really helps the podcast a lot. It boosts us up and I mean, you might think we might not need any boosting, but you know, we could always use a boost, but yes,

Abby ([03:22](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=202.8)):

we do need boosting.

Dianne ([03:23](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=203.641)):

I'm not even going to kid, but, um, badassbreastfeedingpodcasts@gmail.com. We get a lot of comments that way too. And we love them. We read them and keep them and thank you. Thank you so much for listening. And we are kind of last week, we were kind of teasing into what we were going to talk about this week.

Abby ([03:41](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=221.55)):

Yeah. Um, yeah. And it seems like it's like, we're all talking about all the reasons that babies breastfeed babies and children breastfeed. Cause it's not just babies that breastfeed, right. It is not just babies. And you're just like, well of course my baby breastfeeds, cause they're hungry and because they want to cuddle, but like really the list goes on and on. If you think about it, your baby doesn't know anything, anything except how to breastfeed. They don't even know how to fart. They don't even know really like swallowing is hard. You know, like all they're doing is like trying to breathe. Like they're learning all of this and all they can do is breastfeed. That's all they can do.

Dianne ([04:29](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=269.13)):

And so you might be listening to this being like, well, I know that, I know that my baby breastfeeds to soothe and to calm you know, ease pain or, you know, whatever the reasons are that you know, your baby breastfeeds, but this is to arm you with information too. So when those other people come to you and say, why are you still feeding your baby? They're eating solids. Why are you still feeding your baby? They're old enough now to ask you for it. Why are you still nursing your baby? When they have teeth? Like you can come at them and be like, this is why, because it's not just for food. It's for a zillion other things.

Abby ([05:03](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=303.93)):

Right. And I don't think we ever think about this from the baby Perspective.

Dianne ([05:09](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=309.33)):

No, absolutely not. Right.

Speaker 3 ([05:10](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=310.74)):

We're like what? It's fine. Everything's fine in here. I don't know why they're upset everything. I'm totally comfortable in this room. So I don't know why they're so upset. Not that not that people are like, so sarcastically talking to their baby, but you might think like you get, you know, your baby is constantly nursing. Maybe your toddler is constantly nursing. Um, and it's not because you have low milk supply. It's not because they're manipulating you. It's not because you're giving in and you're not teaching them boundaries. Bad habits. Yeah. It's not bad habits. I'm so sick of that.

Dianne ([05:43](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=343.83)):

I hate it. I hate it.

Abby ([05:47](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=347.7)):

And so I heard somebody, I had a conversation about this on my Instagram the other day. And it was, I can't even remember the post right now, but it was, Oh, something about breastfeed. Oh, breastfeeding to sleep is normal. It's not a bad habit. And then someone swoops in and is like, Oh, well, bad habits form around four months. I was like, I'm not, I can't, I'm not getting into this right now. But like what, where do we get this information? Four months, four months old. Like a baby has been, that's like pretty much a newborn still, Oh my gosh, bad habits are forming.

Dianne ([06:28](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=388.67)):

And how is nursing a bad habit? That's what I don't understand. I don't understand that. They're not like out robbing a bank. They're, you know, they're four months old. They need comfort and security. I don't understand why a bad habit.

Abby ([06:43](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=403.34)):

And I'm sorry. So does a four year old, right? Absolutely. This is ridiculous. And I'm so sick of the way that we, this culture thinks about babies thinks about like behaviors. Everybody's constantly, and I get it. We will live in a sick ass society, but you know, and it comes down. We put it all on babies to like, Oh, you're forming a bad habit because you fell asleep at my breast. It's like, this is ridiculous. It's totally ridiculous. It's so harmful. And then we end up with all of these interventions to get our babies, to stop breastfeeding when like, it's just the only thing that they know how to do. Right. And then what? Suckling is the one thing they have and then we take that away. And then what? No, don't tell me there's no ramifications.

Dianne ([07:30](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=450.02)):

Oh my God. Honestly, it makes me so angry.

Abby ([07:35](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=455.72)):

God, I know I'm sitting here getting so pissed off. I can't even think about what I was going to say. It really, it makes me so angry and I can't, that's why I didn't even like respond to this. Cause I was like, I'm not gonna, I can't be ruining my day. I'm not, I'm not going to debate with every single person on the internet. Like those days are over. I used to do that shit. I'm doing that anymore. And like, thankfully, most people were coming in and like having a discussion and most people were being very like, you know, we're like, no, you know, this is an a, this is what I do. And you know, most people kind of, I can at least get it, but there are some really extreme views of babies out there. And like, why don't we stop for a second and think about this from the baby's perspective.

Abby ([08:20](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=500.84)):

Absolutely. Like you're comfortable in this room. Well, I don't know. How's the temperature, how's the lighting. How is somebody speaking? Like, you know, in a frustrated manner to somebody else, your baby, while they're little, they're just babies. They don't know. Yeah, they do. Absolutely. They do. They can feel that you're upset and that might make them upset too.

Dianne ([08:43](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=523.59)):

Sometimes it's not even something that's going on at that moment. You know? Like we look at those babies that are cluster feeding in the evening. You know, usually like newborn from like two weeks to two months, they're cranky, fussy, And miserable and only want to be on the boob in the evening. And moms always go, Oh my gosh, I must not have enough milk. And it's like, no, your baby is soothing. They're overstimulated from the day. I'll be like, what did you do today? Oh, we had visitors. And then we went to a doctor's appointment and then we ran a couple errands, like, yeah, your baby is like, I'm freaking done. I'm done and I need to calm down. And I need to feel secure. And this is where I'm doing it.

Abby ([09:23](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=563.55)):

Right. While, while the grownups are all reaching for a bottle of wine, they're like, we're fine. We're totally fine. Nothing's wrong here. I mean, we're fine. We, you know, we're just calming down. We're still, we're soothing why is my baby so upset? Hey, when they're doing the exact same thing your baby's doing.

Dianne ([09:41](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=581.61)):

And when they're two, we're like, Oh, they're having a tantrum, but you can talk to them .

Dianne ([09:46](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=586.44)):

Yeah. Like, but this is your baby letting off that same steam. And when your toddler does it, your three year old, your four year old, whatever, you go send them to take a nap because you're like, you're tired. You're cranky. We've been running around. Why don't you want to take a nap? Or you breastfeed them. Right. Right. Unless you're one of those people that was like, Oh, I have to wean them because you know,

Abby ([10:09](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=609.84)):

but if you get it and it's really, yeah. Or if you want to keep, you know, it's a very useful tool up until they stop on their own. It's okay to breastfeed for as long as your child wants to they'll stop eventually. But it's also like, it feels, at some point it feels like cheating. It's like, so it's such an answer to everything. You know, he fell down, he bumped his head, he's sick, he's tired. He's anything, he's overwhelmed, whatever. It's just like, boob is the answer to everything.

Dianne ([10:42](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=642.33)):

The whole, like, I don't even want to get back to this, but like the whole thought process of causing bad habits, like, and I'm only, I'm only bringing this up again. Cause I can't even wrap my head around it half the time like I just don't understand that. And I think about my own kids, you know, my kids are, my kids are teenagers like older teenagers. And I don't remember them going to sleep without breastfeeding. Like honestly, like I don't remember. Like, I don't remember like putting my 20 year old to bed without breastfeeding him when he was a baby. He's not still doing that. Obviously he didn't continue doing that forever. It wasn't a bad habit. It was how we went to sleep. Why would you, I don't, I just don't understand why you would disrupt the entire household when the easy thing to do would be just to nurse him and put him back to sleep.

Abby ([11:38](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=698.25)):

Right. And it's usually because somebody is like, well, you should stop doing that. You're making a bad habit. It's usually somebody else. Cause it's usually us. I mean, of course there's certain situations where maybe you yourself don't want to, but you, um, it's usually Somebody else usually we're just like, Oh my God, I'm just going to nurse him. Like everybody shut up. I'll just nurse him. It'll be easier. I mean, after I had Exley and I started having nursing aversion, it got a lot harder. It got a lot harder to like lay down with Jack. And I remember I went through this for years where I would lay down with him and I would literally like pinch my boob. Cause it was just so aggravating. I just had nursing aversion and every time he latched on, but Oh my God, I was not going to give up how easy it was to put him to sleep when he was nursing. And so I would literally like do these things. I would look at my phone. I would go on to like, um, you know, these, these like crazy websites and read or Facebook pages, like the white house, Facebook page, or like, you know, those political things and just read the comments and just distract myself just to try to get through it. Cause it was so easy. It was so much easier. Even nursing through nursing aversion was easier than dealing with Jack. If he couldn't have boob to go to sleep. Well, that was how it was for me. And you know what, at six and a half, at one day he turned over and he was just like, I'm going to go to sleep. And he went to sleep and after a week I was like, you haven't breastfed to sleep for a while now. And you know what he said to me? He said, yeah, I could kind of tell that you weren't, that you didn't really like it that much anymore. Which made me feel really sad, but also I was like, huh, okay. So he like made a decision. Like I like, like I got this. Okay mom, I get it. You know? Cause I would say things like, okay, your mouth is really big and it's very uncomfortable. So we're going to do it for one minute and then we're going to stop and I'm going to put my arm around you. And at some point he was just like, eh, I don't need it anymore. You know? Like, don't worry. I know, you know, it's uncomfortable. Cause I'm bigger now. And so he just like could literally make that decision and made the decision.

Abby ([13:51](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=831.58)):

They don't do it forever. No, they don't. They don't do it forever. But at some point you can just be like, it kind of bothers me. And they're like, okay.

Dianne ([14:01](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=841.66)):

But think about like those families that do pacifiers, which you know, that's fine too. I have no problem with pacifiers. My kids never took 'em but that's the problem with some kids just won't take them. Right. But pediatricians, doctors, families, relatives, whatever are fine with your child having a pacifier to the age of two or three years old. And then they say, okay, now we've got to take it away and blah, blah, blah. How is that any different, right? How is that any different than your baby nursing? Because you are so dependent on that pacifier to put them to sleep that here I have parents that tell me, Oh, I have to keep getting up in the middle of the night and giving it to them. Cause it falls out or I've had to do this. And I was like, how come the doctors aren't saying at six months, Oh, that's going to become a habit. You might not want to give that to them anymore to go to sleep. That's going to be a habit. How come that's not a problem. Right? But breastfeeding. A pacifier is a replacement for the mom.

Abby ([15:05](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=905.87)):

I know. Does everybody know that they invented pacifiers to replace boobs? Yeah. That's all it is. It's just a replacement for a boob in your mouth. Cause that's what they need to do to soothe themselves. They need to suckle and it's not a bad habit and it doesn't prevent them from learning how to self soothe later in life. It actually helps them learn to self sooth. Being able to soothe and soothing them helps them learn how to self sooth. Why is this so confusing?

Dianne ([15:35](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=935.54)):

It's ridiculous. I don't know why we have these babies and are like, they need to fend for themselves. I don't care if they Came out of the womb five minutes ago.

Abby ([15:45](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=945.83)):

Don't let them suckle. Don't let them do anything that they're going to learn is soothing because they need to learn on their own. How to self sooth. What, how does this even make sense? How are they supposed to learn if they don't learn first?

Dianne ([16:02](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=962.63)):

But you are going against what every mother's instinct is. You know your instinct. If your child cries your instinct that triggers you and there's science behind that, you know like your baby cries, you pick them up, you want to soothe them and people are telling you don't do that. Like they're going against what your natural instinct as a mother is to do.

Abby ([16:26](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=986.51)):

I know people talk about, I remember when this whole conversation was going on in the media, when I'm Jamie Lynn was on the cover of time magazine, breastfeeding her toddler.

Dianne ([16:36](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=996.08)):

I love it.

Abby ([16:36](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=996.62)):

Yeah. And like this discussion, I remember listening to this discussion on, um, the View or something and Dr. Sears went on the view and he was talking about like, they were like, they're like, it seems so hard to like breastfeed forever and like, you know, to just like sleep with your baby. And like, you just have your baby around you all the time. It's like really hard. And he was just like, what? And they're talking about like, like cry it out and like cry it out when like, and he was like, isn't that hard? Like, isn't that hard on you? When you're like, like when people are doing cry it out. Like I remember being in this parenting group a long time ago, when they would be where people would just be like, Oh my God, my baby, I'm trying to let my baby cry it out. But it's so hard. I'm in the living room and I'm like just crying and I'm just, and I'm like, what is Happening there? People like, thank God people were like, go in the room and pick up your fucking baby. I have this baby grow this baby inside your body. Have them as close to you as anyone can ever possibly be to you give birth to them and put them in the other room and shut the door and listen to them. Cry to them, cry for you.

Dianne ([17:47](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1067.6)):

I had a Facebook friend, somebody that I used to work with Actually, and you all know that I work in maternal child health. So this is somebody that has been in the maternal child health world and was doing the whole sleep training with her baby. And she was posting this statuses on Facebook. She's screaming, she's crying so much. She threw up. She's like just to get extra sleep, which I know. Yes, that's important. But your baby is not ready for that yet. Obviously, if they're not going in and go, they're not ready. They need you. And I don't understand how the whole, and sometimes the sleep trainers are like, Oh, it's only a couple of nights. And then it'll be fine.

Abby ([18:27](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1107.08)):

Yeah. It doesn't take long for them to withdraw into that.

Dianne ([18:29](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1109.63)):

It's not easy to sit there and listen to them cry.

Abby ([18:32](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1112.03)):

No, and there's a reason it's not easy. Right? Like your body is your whole entire existence is like, this is wrong.

Dianne ([18:40](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1120.4)):

We are wired To respond to them. They're your child. It's your child.

Abby ([18:45](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1125.05)):

Yeah. Let, let we need to take a break.

Dianne ([18:47](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1127)):

Okay.

Abby ([18:48](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1128.08)):

We need to gather ourselves.

Dianne ([18:49](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1129.37)):

I know. I need to like do a little Zen something I'll be over here, like sitting in my spot taking deep breaths.

Abby ([18:56](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1136.6)):

I'll read to distract ourselves.

Abby ([19:02](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1142.54)):

Today's episode is brought to you by FairHaven Health. The milkies milk saver on the go is a mini version of the original milk saver loved by so many. The original milk saver is perfect for using on the opposite breast while breastfeeding to collect the letdown. But what about in between feedings or when you're out and about the milk saver on the go is a discreet breast milk collection system designed to collect leaking breast milk when you are not feeding. So you don't waste any more breast milk to a breast pad. The breast shells can be tucked right inside your shirt and then place your nipple right into the hole. The unique oblong shape allows you to collect more than other brands. Each shell holds about one ounce of milk and people are collecting several ounces a day to add to their stash. It's not a pump. There is no work for you to do it also helps protect sore nipples from rubbing and chafing while they heal. Head to Fairhavenhealth.com. That's F A I R H A V E Nhealth.com and use promo code badass for 15% off of your purchase. 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 packaged in the USA. The scrumptious baby cream is a multipurpose protective barrier, baby cream to keep skin smooth and soft. Natural zinc provides an environmental defense gentle yet ultra moisturizing for happy baby and a happy skin. You won't need to worry about harsh chemicals, irritating your baby's skin, which is what happens all the time with all of these products. They end up burning and making things worse in my experience, but not the scrumptious baby cream. All of Original Spouts products are Parabon and falate free, vegan and cruelty free. Their proprietary formulas contain nourishing extracts from fruits, vegetables, and flowers that the whole family can enjoy. You can use this too on your skin. Made for babies. Perfect for grownups too. Check out the entire line@originalsprout.com and use code badass for 25% off of your purchase. And all of our sponsors and these promo codes and their links can be found at badassbreastfeedingpodcast.com. Find this episode right at the top, scroll down to the show notes and you'll find the links to the promo codes and everything that I've said. If you missed it on our website, you will also find, um, our breastfeeding resources page, as well as all of our other episodes and information about scheduling your lactation consultation with Dianne.

Abby ([21:51](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1311.58)):

And I also have this week's shout out of the week. And this shout out of the week goes to the People's Midwife on Instagram. This is mother midwife visionary. She is the CEO of Inner Circle Midwifery, which you can also find on Instagram at Inner Circle Philly. This is, um, a midwifery practice in Philadelphia and you can, um, they describe themselves as here. I'm going to, um, innercirclemidwifery.com. If you're in Philly, check them out. If you're looking for a midwife, um, inner circle, midwifery is a private home birth midwifery practice based in historic Germantown, Philadelphia as midwives, we provide clinical services during normal childbearing cycles, spanning preconception, pregnancy, labor, birth, lactation, and postpartum period. Um, so if you are looking to home birth, which you might be, especially now, uh, check them out and also check them out on Instagram. Again, it is the people's midwife on Instagram. They're also inner circle Philly on Instagram. The feed is just beautiful and filled with all kinds of information and you should put it in your feed. Awesome. That's all I got.

Dianne ([23:07](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1387.24)):

It's fantastic.

Abby ([23:09](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1389.07)):

So, you know, when you're at a restaurant, no problem getting right back into this conversation, you know, when you're at a restaurant and there's a baby crying and you're like, you're just like, I mean, my boobs used to tingle an ache at this point. It's just, my whole body wants to like jump through a window. Like this is, we are all wired to respond to babies this way, you know, like you're, it's your body in your whole entire existence connected to your ancestors from the beginning of humanity are like, Pick up the baby baby, give the baby Boob. And I will just, I will do that in and I'll just sit there and just be like moving around. And I was looking around and we're like, Oh my God, somebody just breastfeed that baby.

Dianne ([23:52](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1432.75)):

It is like, I know it makes me so antsy. It's just like pick them up, do something. They need you to respond to them. So they feel secure and safe. We want our babies to feel safe. They do not know where they are. We are their safety net. I mean, yeah,

Abby ([24:10](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1450.36)):

We do again with the expectations of babies, we just expect them to just behave the way that we want them to or the way that they do on TV or whatever. And like, you know, so you're going to do, you know, you pick them up, you smell their diaper. You, you know, try to see if they're hot or cold or whatever. You can't figure it out. Just put them on the boob, right? You're not always going to know what's wrong, something's wrong. Or maybe nothing's wrong. I don't know. They're just a baby. They need to breastfeed. That's all.

Dianne ([24:37](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1477.7)):

But when people, you know, if they're having breastfeeding problems or they're really struggling with it, or maybe, you know, they're having milk supply issues, whatever the problem might be, people say, Oh, you know, if you wean, it'll be easier. Or just, you know, they just end up kind of like filtering it out and going to bottles. Cause they're like, Oh, it wasn't worth it to just breastfeed once a day, whatever it is, it is worth it. Your baby, this gives your baby way more than food. It gives them so much more than food. And even if you're only breastfeeding them once a day, that is still giving them that security and that trust and that love and that relationship that they need from their mother. It is so important. And it has nothing to do with food 90% of the time. But that's what our society misses. They're like, Oh, they don't need to eat again. Why do they need to eat again? Why do they need to do that? Why are you putting them on the breast? Why are you, why are you still breastfeed? Whatever. And plus it's nobody else's business, honestly. Like, and I've said that probably every single podcast episode that we've had, it's nobody else's business. Nobody needs to be ever saying anything about how long you breastfeed your child for you're not hurting them. You're not doing anything negatively. And that kid's probably going to be way more secure and way more psychologically stable than any other kid they know.

Abby ([26:03](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1563.46)):

Right. You cannot spoil even a very big kid with breastfeeding. It's impossible. If you start throwing cookies at them every single time they cry. That's a different story. If you breastfeed them every time they cry,

Abby ([26:19](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1579.51)):

It's like, you don't have to worry about it. Cause it's impossible to spoil a child with breastfeeding.

Dianne ([26:27](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1587.88)):

So I did a, um, a consult yesterday via, um, you know, on video with one of our listeners. Who's in London, actually in the UK and her baby doing my little air quotes was three and a half. And, um, I should have asked her if I could talk about this and then I could have said her name, but I didn't. So I won't say her name, but you know, beautiful, beautiful family. And w you know, extended breastfed with her first child and through pregnancy. And then, you know, now this one is three and a half and she was having, she had like a, um, she's having some pain. So one of the things that she said was because of his age, if I try to ask a doctor, or even sometimes other lactation people, they'll say, well, maybe it's just time to wait instead of helping her solve the problem. You know? So she was like, I'm really grateful that I could contact you about this. Cause I know you're not going to say that, which obviously I'm not going to say that. And she said, which I loved this. She was like, we were talking about extended breastfeeding. And she was like, I would get less pushback. If I posted a picture of my son with a sucker in his mouth and a soda in his hand, that's so true. And I'm like, you know what? That is really true. That is really, really true, you know? And she was like, he still nurses to sleep. He knows. She's like, it's just easy. You know, it's just easier. She wanted to fix the problem because she's not done yet. And I don't blame her. Like, why would you just, but she's right. You take it to a, you take it to a doctor, you take it to an OB, you take it to pediatrician, whatever. And they'll say, Oh, just wean. It's been long enough. Don't you think it's just time to wean. Now, maybe you just need to wean. I've heard, I've had mothers go to doctors for repeated mastitis, repeated thrush, stuff like that. And they're like, well, maybe you just need to wean. Really? How about we fix the problem?

Abby ([28:23](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1703.22)):

No, we can't fix problems. No, we can't do it. We, and we don't do this. And I've talked about this before. We don't do this about anything else. If somebody came to somebody about problems with your marriage problems, with your job, whatever people wouldn't be like, well, just get divorced. Just quit your job, whatever. It's just time to quit. Nobody says that it's only Breastfeeding where we're just like, nah, take it or leave it. You don't need it.

Dianne ([28:48](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1728.53)):

And it's the same thing with your baby. And she was saying this too. And I've said this to other people too. She's like, if my baby wasn't, if she goes, if my child wasn't reading, they would send a specialist. And I've said that too, if your baby had a broken leg, they'd send you to a specialist. They wouldn't just say, Oh, it's fine. Oh, just give a bottle, just stick a splint on it, put a, put a belt around it and tourniquet it and send him off to school. He's fine. You know, like there, but because it's breastfeeding, people are really quick to dismiss it. And I don't, they're basically dismissing you as their mother, you know, like, they're basically saying, you're, you know what you're doing for your child isn't important enough, just stop because they don't need it anymore. Whereas they're not considering what this does. And again, like you said, if you look at this from the baby's perspective, that's what that baby has been doing. Since the moment he was born. You're just going to take it away and expect that to be okay with them. That's damaging.

Abby ([29:51](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1791.07)):

Totally. It's like, you know, I think because breastfeeding, you know, we talked about breastfeeding being so much more than food and it's like emotional and psychological security and attachment. And you know, we can't handle these topics in this culture. Like this is the most neglectful culture ever, you know, of just, we don't, we don't even, we don't give like walking and talking adults space to have emotions and feelings and you know, psychological health. We don't do that. We can't even like there's so many people are so emotionally and psychologically damaged themselves that they're struggling to provide this at all for their baby. No, just get over it. You were just born, you're crying. God, just be quiet. It's your feelings are too much for me. And Hey, trust me, I get it. My kid's feelings are too much for me like that. I will be the first to be like, Oh my God, I can't handle your feelings right now. Right. But like, and it's because I was brought up in this culture too, with a couple of people who could not bear, cannot bear feelings and emotions.

Dianne ([31:01](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1861)):

Yeah. Mine too.

Abby ([31:01](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1861.78)):

And you know, like, and so now it's like, I'm struggling, you know, to, to try to break this cycle of like, I don't know, just the emotion, you know, the ignoring of emotions and feelings and psychological health. I don't want my kids to be brought up like that, but it's a struggle because I was.

Dianne ([31:25](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1885.15)):

Right. We don't know how to do it the other way. I mean, breastfeeding obviously helps because like you were saying that the suckling that's really important for babies to learn how to self soothe. So when you have babies that are breastfeeding and they continue to, they learn how to self soothe, which means they learn how to regulate and they learn how to control their emotions a little bit better. And they learn how to express their emotions. So it is breaking the cycle. We just can't deal with it because we haven't done it. You know, like it's just bottom line. Right. You know? And it's funny. Cause sometimes people would be like, well, I didn't breastfeed and I'm fine. Or you know, my, my mom didn't breastfeed us and you know, we're healthy. Like, okay, how are your relationships? How's your relationship with your mother? You know? Like, it's, it there's way more to it than what people think it is.

Abby ([32:16](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1936.48)):

And maybe you are, maybe you're fine. Is that what you want for your kids to be fine? Nope. Don't we want to give more don't we want to like figure out, I mean, like, I don't know who's out there. Who's not like, cause even if you have, you know, even if you have like, you know, in air quotes again, the perfect parents, like everybody's got stuff, right. Everybody grows up with stuff. Right. And like who's not out there as a parent trying to work through this stuff to make it better for their own kids. Who's not doing that? Like, this is what, this is what it is. That's what we're doing. That's like literally what? This is trying to make things better for our kids than it was for us. Right. And you know, you can please feel free to breastfeed at every moment. For as long as your child is latching on. If they're still latching on, then no, I w you know, you don't have to be like, Oh, well, maybe it is time to wean. I mean, if they're still latching, you know, game on.

Dianne ([33:19](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=1999.79)):

and that's what you want. But if somebody is trying to convince you that you should be stopping, that's not okay. No, it's nobody else's decision. This is between you and your baby. This is your relationship. It's like somebody saying, you know what? I'm not really comfortable with your husband. I think you should just leave him.

Abby ([33:40](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=2020.28)):

You know? And it's like that way a lot. Okay. I'll just leave him. Cause my friend doesn't like it, not about my husband, about my friends, husbands. I'm like what? You should just get divorced. Even that even like, I wouldn't say that, right? Like this is not my life to tell people like, I'm going to listen. I'm going to try to help them figure out what to do for themselves. I'm not going to be like, Oh, you should just divorce him. He's kind of a jerk anyway. Yeah. Just get rid of it. Stop it.

Dianne ([34:10](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=2050.55)):

You know, you said you'd never do that in any other aspect of life. But when it comes to breastfeeding, people feel like it's okay for them to put their 2 cents in and it's not. So that, that is where, like that is where we're leaving it today. Like, yeah, it is. This is your relationship with your baby. If you want to continue breastfeeding, you breastfeed. Don't worry about what other people say. And don't let people tell you that it's not giving them any kind of benefit after a certain age, because that is not true.

Abby ([34:39](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=2079.5)):

Thanks for listening!

New Speaker ([34:39](https://www.temi.com/editor/t/COypFF-33zVtjTjH_ViEwDU8t56mRBLzefOghGtUC4N8t_oSa54r_nP418QzoFaioAl9h4ohQTiAIhkbXxgCf-VRJcU?loadFrom=DocumentDeeplink&ts=2079.5)):

This such garbage. It is garbage. Thanks for listening. Thank you. Bye bye.