Speaker 1 ([00:21](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=21.93)):

[inaudible]

dianne ([00:22](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=22.13)):

Hi, welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant.

abby ([00:25](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=25.611)):

and I'm Abby. The badass breastfeeder and today's episode is brought to you by Sheila Darling Coaching. Sheila Darling is a social worker, certified hypnotherapist and mindfulness meditation teacher, and could be your start to a more peaceful life. And today's episode is also brought to you by Fair Haven Health. Uh, the milkies milk trays look like regular ice cube trays, but have 16 semi cylinder cavities that each hold one ounce of milk. And we'll hear more about those sponsors a little later, but for now you can head to badassbreastfeedingpodcast.com and check our sponsor page. If you need anything, check there and see if you can give any of our sponsors your business, because they make this podcast possible. And while you're there, you can scroll down and enter your email address and get the episode sent straight to your inbox every Monday. And, uh, now Dianne has our review of the week.

dianne ([01:21](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=81.17)):

Yeah, I do. And it's a really easy one, but I liked it. It just fits what I wanted for today. And it comes from Patrice Meager and she says, love this love the honesty and passion, great podcast. So sweet and short and simple. And I got to say, we are passionate about what we talk about. Very honest, love us or hate us. We are passionate. We are honest. And, um, I'm glad that kinda came out there because we just want the best for everybody. So thank you so much for taking the time to send us a review and thank you to everybody who sent us reviews and takes the time to do that. We really, really appreciate it. You can put them on iTunes like Patrice did, or you can send us an email at badass breastfeeding podcast.com. Oh no, that's our website, but you can also actually go through there. So badassbreastfeedingpodcasts@gmail.com and shoot us an email. And we will answer those emails too. I love to get those and read those. And we are going to, I'm kind of excited about this episode. Like I think it's going to be fun.

abby ([02:30](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=150.35)):

I love this topic. And I think this topic is so multilayered too, because we think about how milk changes. And I think the first thing maybe people think about is like how it changes as your baby grows and gets older. But like, there's also the aspect of like how it changes throughout the day and the aspect of how it changes like as your baby gets you and your baby gets sick, you know, like your breast milk is so dynamic, it's so resilient and, and it's like powered for the health of your child. Yeah.

dianne ([03:03](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=183.09)):

Yeah, definitely. But tell me Abby, from what I understand from our society, that's all only valid for the first year, correct?

abby ([03:13](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=193.5)):

Because at one year if you didn't know, it turns to Water. I forgot to say that. So, And then it changes to water. So then you're just a drinking fountain.

dianne ([03:24](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=204.06)):

Yeah. It's just, you know, fantastic for the first year. And then, you know, you're a water hose after that, but

abby ([03:30](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=210.72)):

we're being Super sarcastic if you couldn't pick that up.

dianne ([03:34](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=214.83)):

Oh, it's one of the things that drives us crazy about this is that people, not even people it's just, well, yeah, it's people, it's health professionals. It's non breastfeeders. It's older generations that don't know the science like or anybody who doesn't know the science that really doubts that your breast milk still has potent value after your baby turns a year, they don't have to be completely dependent on your milk supply for growth, for it to have a purpose. Seriously.

abby ([04:07](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=247.38)):

I mean, it still has extreme health benefits and it is still like, you know, and we talk about like beyond the first year, I mean the world health organization and the American Academy of pediatrics and everybody else recommends breastfeeding for at least two years. Yeah. That's not just for fun. Right.

dianne ([04:27](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=267.66)):

It's not just to piss people off.

abby ([04:29](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=269.43)):

Right. It's Just because it has extremely, it has important health benefits for your child and yes, at some point you supplement with food, but that doesn't mean that the breast milk is no longer necessary.

dianne ([04:42](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=282.66)):

Right. Right. So I've got a little bit of info on this, which is really pretty cool when you think about it. And like I knew some of this stuff, obviously, you know, kind of, you, you know, learn it along the way as you're becoming, going through this path of becoming lactation specialist. But sometimes you forget just how amazing this is or you learn why something happens the way it does. And it's just like, Oh my gosh, this is just an amazing thing that our bodies are doing for our babies. Why are we doubting it? You know, like, it's really, it's really sad. And when people say, Oh, well, you know, you don't need to breastfeed or blah, blah, blah. It's just, why wouldn't we want this for our children and for ourselves,

abby ([05:27](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=327.96)):

I mean, right. And you don't need to breastfeed, but you need to have the information about what that means when you don't exactly. And what the risks are because they are present. They are, you know, they are researched and they are documented. And so let's talk about that. And if you still decide that breastfeeding isn't right for you, I don't care. Like I don't, you make your decision, but like make the decision with the information that, that we have and the information and the research that we have, not because like a told you that formula is the same as breast milk, because then, then you're not making an informed decision because that's just not even like, how was that even true? How was one exactly like the other one is made by your body and one is made in a factory and like, whatever, fine. If that's the decision you're gonna make fine, but have all the information, the correct information. That's how you make that empowered choice.

dianne ([06:20](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=380.8)):

I had this conversation via Facebook and it was, I mean, you know, that can go either good or bad

abby ([06:28](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=388.29)):

Either way. it could go either way

dianne ([06:30](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=390.7)):

On a, um, on a breastfeeding page where somebody was asking about a medication and the response was that it's fine, cause it is fine, what she was asking about and somebody else was like, I'm not comfortable with using that because I was told I shouldn't with a breastfeeding baby and blah, blah, blah. And I'm like, that's fine. You have to do what's right for you, but have the information to make an informed decision. You know, if it's, if, if this medication is fine, but you don't feel comfortable using it, then wait until your baby's weaned, but it's not necessary. So I kind of feel like that with the breastfeeding piece of it, like for breastfeeding overall, like if you do, if you choose not to breastfeed, that's fine. That is your, you have to do what's right for you and your family, but have the information to make an informed decision. I always thought it was so sad when family said, Oh, I never knew this before. I never knew how important this was with my first child.

abby ([07:28](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=448.06)):

Even the people right. With their first child or in the, because there's so many medical professionals, the people that you are thinking that have the right information, then that you are supposed to trust, have the wrong information or saying things that aren't true.

dianne ([07:44](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=464.38)):

or old information. Yeah. It's really old information. Like really old.

abby ([07:50](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=470.92)):

Yeah. I mean, this is like, I mean, I used formula. I'm the last person who's going to judge somebody for using formula because I used it with my first, with Jack in the hospital when they said he was starving after he was born and he, you know, and then we went on to use it for, I don't know, a couple of months, I guess we were supplementing before I was digging around, you know, and educating myself because everyone around me was like, no, it's not a big deal. No, your milk will come in. Just fine. No, you know, it won't affect this. And, and that's all not true. You know, it's not, it's just, that's not the correct information. And so I had to learn, you know, as I was going, like, we all are doing, we're all learning as we go. I mean, so, you know, we're trying to help people get the information sooner so that the things that at least the things that I went through, you don't have to go through. Right.

dianne ([08:46](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=526.27)):

And then as your baby gets older and now they're a year old, they're eating solids three times a day, hopefully. Or, you know, if they are some babies are a little bit or not. Yeah. So maybe

abby ([08:58](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=538.63)):

That's, that is not a guarantee. So don't start having a heart attack if you're listening to this,

dianne ([09:02](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=542.63)):

That that was my bad, Okay. Breast milk is breast milk, right? Like, but it changes. It changes for them. So we know, right. That your breast milk is on is a supply and demand. And, but as your baby is starting on solid foods, now that doesn't mean that they have to be completely engulfed in solids for this to be happening. But as your baby starts solid foods, your breast milk changes. Right. And it, it does start to adapt to what the baby is doing with solids. And this worries a lot of mothers, especially if they're pumping, like if you're working full time or, you know, leaving milk for your baby while you're gone, you know, at work and you're pumping less and less and less milk at this time, which is completely normal because your body is adapting to the solid foods that your baby is eating at this point. And that is okay, that's normal. We expect that to happen. We just have to adapt, you know, like what maybe what we're leaving for the baby when you're gone. And you just kind of like balance that out. But the composition of your breast milk changes at this point, just like it did when you're a newborn. Like, cause when your baby's newborn, they need different things than they need when they're a few months old or when they're six months old or when they're eight months old, whatever. So it changes. But your breastmilk develops more antibodies and a higher fat content once your baby enters their toddler years and is regularly eating solid foods, you're probably going to produce less breast milk because your baby's going to take a little bit less. If they're eating more solids, which is going to cause your body to produce a little bit less, but that doesn't mean your supply is going to dry up. It just means that your body's adapting to what your baby needs now. Right.

abby ([10:52](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=652.88)):

Its not going to continue to make as much as it was before, because then you'll just become engorged and your baby's drinking slightly less. Right. They had a little bit of banana for breakfast, right. Then, you know, so if your body just continued, your body is so smart. It knows not to keep making all of that milk that the baby needed when they were only having breast milk. Your body's like, Oh, I totally get this because it's not a dumb machine that just doesn't, you know, that doesn't respond to the natural environment. It completely is only responding to your, what your baby's doing, which is why it's so incredible and why we really can trust what's happening.

dianne ([11:29](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=689.06)):

Right. Exactly. But the change in composition also concentrates those immune boosting nutrients. So you might be making less breast milk, but it's higher quality content. The baby is getting what they need in smaller amounts of breast milk because your body is just like, Oh, baby's eating a little less, let's power this crap up, man. Let's like, totally make this a superfood like it already wasn't but let's make this even more of a superfood to make sure our baby is getting what it needs. Even though they're not breastfeeding as much as they were. It's pretty amazing. Yeah. So where people are telling you, if they're telling you, Oh, your baby's still breastfeeding and they're 16 months old. They're not getting anything from you anymore. They're actually getting as much, if not more benefit than they were before. And one of the other cool things that you really need to think about as your baby grows, they're starting to walk, they're touching more things or putting more things in their mouth. They're getting into more stuff. They're on the floor all the time. That is one of the things that your body is adapting to, that your breast milk is adapting to. That's helping to fight off all of those. You know, that's what that immune response is for at this age. For all of that little stuff, they're getting into more things. They might be out more well, not during COVID, but you know, in a, in a perfect world, of course. So that immune support and protection is huge. They're getting more ear infections or their, their potential to get more ear infections, more colds that stuff increases after a year. And they're, you know, involved in more things and touching more things and your breast milk is going to protect all of that for them.

abby ([13:23](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=803.5)):

Right. and Speaking of COVID, that's one of the reasons why you do want to keep breastfeeding while if you do have COVID, you know, a lot of people are worried. How can I still breastfeed? What if I pass it to my baby? You do want to keep breastfeeding because your breast milk will adapt to that too and help your baby either fight it off. Or if they do get sick with it less sick.

dianne ([13:50](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=830.19)):

Absolutely. And there's a lot of research coming out about how breast milk is really powerful when it comes to COVID

abby ([13:58](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=838.42)):

Researching it and just all populations, right. About its ability to fight it off or to the details of the research. But yeah, I've seen the research going on.

dianne ([14:09](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=849.45)):

Yeah. It's pretty neat. Um, another big bonus with extended breastfeeding is the solid foods. And, you know, as your baby is starting with solids, like some, like Abby was saying earlier, when we first started this, like some babies do great with it. And some babies are a little bit slow to pick up the solids. And I think you said Jack was one of those babies. Right.

abby ([14:33](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=873.81)):

He wasn't eating a lot of solids until he was like two. Yeah. In some babies. I mean, he was, you know, he just, I mean, he was putting it in his mouth, but he really, he was just really focused on breastfeeding. I think this is like, um, uh, kind of temperament thing too, like a personality, you know, they're just, he's a highly sensitive Kid. He was always on me on my breasts. It was comforting to him. It was, you know, it was just, that was way Exley was a little different actually was, you know, he nursed until he was five, but, but he wasn't, he was cool with the solids. He was like, yeah, let's do this. And then let's, you know, he's like kind of really a little bit more like going with everything and they're just different.

dianne ([15:17](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=917.3)):

Yeah. And some, you know, and you're going to get that in the same family, obviously, you know, but if your child is a little bit fussier or a little bit pickier, or, you know, how many times I hear, Oh yeah, the baby loves solids. If it's like cheese and pasta, but doesn't necessarily love their vegetables or doesn't necessarily love, you know, whatever it is that they don't love. But breastfeeding is a way to make sure they're still getting all their nutrients, all their protein, all the fat content that they need, calcium, all their vitamins. They're still getting that when they're breastfeeding and they're getting it in concentrated forms now because they might not be breastfeeding as much. So as you, I mean, I don't think I've met a new parent that started solids and wasn't worried that they weren't giving their child enough of something to replace, you know, to, to cover the protein, to cover their fat content, to cover their caloric content. Because we worry about that right now that we're seeing like, okay, here, we're giving them solid foods. And it, most of it ends up on the floor or on them. What did they really get? Now? You don't have to worry about it because they're still getting what they need if they're still breastfeeding. And that's kind of the same argument when people talk about starting their baby on whole milk at a year, well, I don't really want to start whole milk, but my pediatrician says, I really need to start whole milk. If you're still breastfeeding, there's no argument there. Why do we need that? They're still breastfeeding. Like they're getting what they need. We don't need to put something else into their diet for them to get the nutrients that they need because their breastfeeding still.

abby ([17:01](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1021.521)):

That is so true. And I have more to say about that. And how about I say more about that after a word from our sponsors?

dianne ([17:08](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1028.6)):

Perfect.

abby ([17:10](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1030.45)):

Today's Episode is brought to you by Fair Haven health. Are you tired of defrosting, breast milk from your storage bags only to find that it's too much or too little milk. What if you could defrost the exact amount of milk you need? Every time. The milkies milk trays look like regular ice cube trays, but have 16 semi cylinder cavities that each hold one ounce of milk. When it's time to feed your baby or prepare bottles for the day, just pop however many breast milk sticks you need into any type of brand of bottle, nothing wasted, no extra breast milk leftover, tempting your caregiver to overfeed your baby and blow through your precious stash. Once the sticks Are frozen, just transfer them to a freezer bag, freeing up the milk trays for your next batch of breast milk. And they come with lids. So you can stack them, which frees up space in your freezer. They're reusable, environmentally friendly, made with food safe plastic and can be used for baby food later on. No BPA falates or dyes. Check out Milkies milk trays at Fair Havenhealth.com. That's F a I R H E H a F a I R H a V E N. health.com and use code Badass when you're there and you'll get 15% off of your purchase. And today's episode is sponsored by Sheila Darling coaching. A new baby can add intense amounts of anxiety and depression, no sleep, feeling overwhelmed, looking at your sweet baby and wondering how this tiny human can cause so much chaos. The transition to Parenthood is an entire identity shift You weren't prepared for. If one more person tells you that this time goes by so quickly, you might just punch them in the face. Transitioning to a new family member takes patience self-compassion and support. Sheila Darling coaching can be that professional supports person that Dianne and I are always saying, there is no shame in getting Sheila Darling is a social worker, certified hypnotherapist and mindfulness meditation teacher, and could be your start to a more peaceful life. Head to Sheiladarling.com to schedule your consultation today and mentioned the badass breastfeeding podcast when scheduling your consultation and receive 10% off of a coaching package. These sponsors and their promo codes can be found in our show notes. Under this episode on badassbreastfeedingpodcast.com our show notes will also include further information about things we talk about in this episode and at badassbreastfeedingpodcast.com You'll also find, uh, our breastfeeding resources, all of our other episodes and information about scheduling your very own one-on-one online lactation consultation with Dianne. I have our shout out of the week. Our shout out of the week goes to ancient song on, on Instagram. This is ancient song doula services, and they are offering full spectrum evidence-based doula care training and advocacy forums, hashtag decolonize birth. And this is a, an amazing news feed that has all kinds of, um, information about, um, you know, centering black futures is a big, um, is, uh, an event that they had recently. Is it, when is this Coming up? Oh, it's over. Sorry. It was two days ago, but go to I think it's a regular thing on their, um, um, feed is that, Oh, on every Fridays they have centering black futures, um, and you can watch their Instagram live series. It looks wonderful. Um, ancient on Instagram and you can find all the information about them there. Okay. And now back to how your breast milk changes and, um, you know, so this is one of the things I was going to say is that a lot of times your, uh, I get, this is one of the big things. The big questions that I get, one of the many around this topic is, um, my doctor told me that since my baby or toddler is not eating very much solid foods that I should cut back on breastfeeding to try to get them to eat food. Yeah.

dianne ([21:23](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1283.73)):

Because they're manipulating you didn't, you know that.

abby ([21:26](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1286.16)):

Yeah. And that irritates me so much because it's like, why would you, first of all, stop messing with the process. And second of all, breast milk is so extremely nutrient dense that why, why are we doing this? Well cut back So you can have some of this pasta, like the nutrients in your breast milk are so important and plentiful that you don't need to, not that everyone's feeding their baby pasta. I get that. Like, we're all, we're feeding our kids healthy foods. I understand sometimes you can't control what they take, but it's true. It's true. And they're at they're experimenting at this point. They are not relying on the solid food for all of their nutrients. Like we are, they're experimenting, they're learning. And this, this can take years for them to really make this transition over to the solid food. And the breast milk is not something that you should ever back off of. I say, I say, when you're starting to start, we have solid starting solids episodes too. Yeah. But just one of the things I always say is that when you're starting solids breastfeed, first, you're just going to sit down. You're going to offer your baby or your kid or whatever your child, some whatever it is, sit down and have a little nursing session, make sure they get that amazing breast milk into their belly and then have the solid foods. I think breast milk takes priority. As long as it's in your body, fill up on that stuff. As much as you can, don't back off of it.

dianne ([23:02](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1382.16)):

They're not going to get the benefit. I mean, yeah, we obviously, we want them to eat solid foods at some point, but they're not going to the, some of the benefits that breastfeeding is offering them. They're not going to get from solid foods. So why do we want to take that away from them?

abby ([23:16](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1396.29)):

Right. And you're not going to stop them from learning solid foods. They will eat solid foods. At some point when they're ready, they will not be like, Oh, if I didn't, if I don't, you know, if I don't cut back on breastfeeding, they're never going to learn to eat more solids. That is just not true. That is just not how it works. They end up eating solid foods when they're ready. And then eventually guess what? They're no longer breastfeeding because contrary to popular belief, kids don't breastfeed until They're in college.

dianne ([23:46](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1426.91)):

Believe it or not. We're going to tell you that right now on the podcast,

abby ([23:51](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1431.2)):

even if They're breastfeeding for a really long time. Breastfeeding also, also breastfeeding takes on different forms in their life. I mean, when Jack was six and a half nursing to sleep at night, he wasn't doing that to fill his belly. Breastfeeding is so much more than food, but the breast milk that they're getting is like, as long as they're breastfeeding, my God, let them get as much as that milk as they want And can.

dianne ([24:16](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1456.42)):

It's nutrient dense. It's so good for them. Fights disease, fights illness. I mean, I don't know why we want to take that away. Right.

abby ([24:28](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1468.21)):

And it takes on, you know, when your child, if they're, if they're nursing into toddlerhood, you know, and they're nursing a lot, it's fine. They're still gonna learn to eat solids. They will is like, unless you're like not feeding it to them, but I know you are. I know that we're all putting food in front of our children. And like, guess what? The argument continues because Jack's going to be 10 and I'm still like, can you eat something

dianne ([24:55](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1495.09)):

Right. I feel like it gets worse.

abby ([25:00](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1500.94)):

Or have to feel like you're somehow neglecting your child nutrient wise by breastfeeding them.

dianne ([25:07](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1507.81)):

No, they're always gonna, yeah. They're always getting it. Um, the other thing, a couple of the other things that I want to make sure we hit on, is that the longer, I mean, we always talk about how amazingly beneficial when you breastfeeding, when they're newborn, when they're, you know, a couple months old, we can talk about all those benefits of, you know, diabetes and cancers and illnesses and how, you know, breast milk fights all that and protects them. It's not just for that timeframe where you're breastfeeding them. Like this goes on for longer periods of time, but they now know the more research that they've done with breast milk over the years tells us that the longer you breastfeed them, the more benefit to this to them. So yes, any kind of, any amount of breast milk they get is good. But if you're breastfeeding for longer than six months, that has been shown to offer more significant health benefits for your baby. So I remember like when I was first starting out in this field, like talking with families and having people say, well, I breastfed and my child gets sick all the time. Okay. Well, how long did you breastfeed for I breastfed in the hospital so they can have the colostrum, but no longer than that. Well, the more you breastfeed, the better the benefit, and that's still true. The more you breastfeed, the longer you breastfeed, the better, the benefit, but not just for babies for mothers too, the longer mothers breastfeed, the better, the health benefits for them. And we, we don't talk about the health benefits for mothers all that much, but there really is some amazing health benefits for mothers, longterm, maternal bone strength, which I'm sure a lot of mothers aren't thinking about becoming, you know, getting osteoporosis after your first baby. But when you get to be my age and your bones are creaking and you're like, God, I hope that worked. I hope that's like, you know, but the longer you breastfeed the better, the benefit of that 2% risk reduced risk of endometrial cancer for every month of breastfeeding, a reduced risk of breast cancer for every year, breastfeeding, combined, total for all children, with moms who breastfed for a lifetime total of longer than two years receiving the most benefit, a reduced risk of ovarian cancer, particularly for those who breastfed for longer term periods, the longer you breastfeed, the better it is for your body and your baby's body. It doesn't get cut off at a year.

abby ([27:47](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1667.63)):

Right? All of this nonsense about how you're not supposed to breastfeed a toddler. This is all like societal sexualizing bodies and such. It's not, and it's not based in any kind of like reality for, you know, the health of your body

dianne ([28:05](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1685.93)):

No, there's no science behind it.

abby ([28:07](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1687.92)):

It's just, it's just our society is because in other societies and throughout history, it's not been a thing. You know, there's been no question like kids just breastfeed until they're done. And if you don't want to breastfeed until your kid is six, like I did, then don't like, you don't have to do that. You know, just as long as it's as long as you want to. And as long as it's beneficial, you know, as long as you're still feeling, you know, the emotional benefits too, you know, it's like, it's not like it's beneficial emotionally for you as well. Um, yeah. Then do it like you don't have to stop at some point just because your doctor says, well, this is a, like, it's not doing any good anymore. That's just not true.

dianne ([28:52](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1732.07)):

No, there's no truth to that. No. And the science points to the contrary and it's just really unfortunate plus, I mean, bottom line it's nobody's business. And I think I say that like every single podcast, like it's nobody's business, but if you want to continue to breastfeed your baby, because it's working for you and your baby, why is that anybody else's decision, but yours?

abby ([29:15](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1755.02)):

No, it's really not. Anybody's yeah. It's not anybody's job to be giving you that kind of feedback. It's just misinformed. It's all based on bad information. And it's really nobody's business to make that comment to you. I mean, and there should be no comment, except the only informed comment that would come with that is like, Oh, that's great. Congratulations on making it that long. That's still very beneficial for your child. Right. And if they say anything besides that, then like get a new doctor. If you can, or just ignore it. Like you don't, you don't need to, they don't, this, your doctor is not in charge of your breastfeeding journey. Like, you know, you, you do what you know is good and what you want to do and, you know, smile and nod or, or pass on some information.

dianne ([30:07](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1807.26)):

Yeah. I was just going to say, you could educate them if you feel like you have that energy that you want to educate them. Um, but otherwise, I mean, know that what you're doing is beneficial in so many ways, and there's no reason to not do that. You know? I mean, it's just, your baby is getting so much, so much benefit from it that there's no reason for you to stop if you don't want to. And so many moms will, you know, somebody's breastfeeding families contact us and say, Oh, you know, we're going strong. We're still going strong. Do I have to start? You know, do I have to increase solids? Do I have to start whole milk? Do I have to start the weaning process? No, you absolutely don't have to. And like Abby has said out a zillion of our podcasts, you, you try so hard to get breastfeeding going. And then you're finally in a good place and somebody tells you, you should wean.

Speaker 2 ([31:04](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1864.98)):

Yeah. They're like, well, no, they're, you shouldn't breastfeed a toddler because that makes them weird. And it doesn't matter. Cause your breast milk doesn't have any nutrients on anymore. And then you start hearing the, you know, everybody in the beginning is like breastfeed. Breastfeed. Breastfeeding is the best thing. And then you get going and then you start hearing the opposite. And it's just like, well, what the hell? Yeah. You know, and they, you know, you don't have to, you know, listen to any of that. Your breast milk is always, always beneficial to your child, whatever the age, whatever the time of day. Because as we're talking about your breast milk, completely changes and adapts to whatever's going on to protect and to nourish your child.

dianne ([31:39](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1899.72)):

Absolutely.

abby ([31:41](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1901.52)):

And I can tell out, Oh, let me tell the story, which has nothing to do with anything. But the other day I had to tell Dianne and you're all really, really like this story. I promise you. I was reached at my nipple was itchy. So I reached down my shirt and started itching. And I was like, why is it wet? And mind you all Exley is going to be seven this year. I mean, they weaned What a couple of years, Couple years ago, it's been a couple of years. So I'm like, why is it wet in my shirt? And I just was like, I don't have this over. I was just like, what's going on? So I like expressed, you know, I did the whole hand express nipple compression thing and frickin breast milk came out. Y'all I'm going to do it right now and see if I can get something quick.

dianne ([32:26](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1946.4)):

Abby is going to express milk on the podcast after not breastfeeding for two years. See how cool your body is

abby ([32:32](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1952.9)):

Is here. It's not, obviously it's not gushing out, but if I press down, there's like a little beads up a little bit. It looks like colostrum, it's just like so cool though. And I, and I, and I'm probably, you know, it's just like hormonal stuff. You know, my body has lactated, hormonal things go on and it's just like, Oh, what? Okay, well here here's some of this stuff. I don't know. I do feel like a hormonal mess, but anyway, um, so cool though. It just like is it's your body just, yeah. It's funny.

dianne ([33:08](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1988.36)):

It's amazing. So embrace it.

abby ([33:10](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=1990.43)):

And also if you feel like you still have, if you can have like express because people also too, they're like, I was able to express milk and I haven't breastfed in two years. And I always say to people like it's okay. It happens. It totally happens. But you know, you never think it's going to be, you know, I was like, Oh my God, it happened to me.

dianne ([33:31](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2011.13)):

You're a circus freak. No, I'm just not really. I'm just jealous. I would love to like express a little bit. I want to express it enough to like make a pendant. I know that's what I want. Yeah. They weren't doing breast milk jewelry with my kids weaned.

abby ([33:46](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2026.58)):

So my, you know, my, and my, my kind of toddler, breastfeeding friends that I have are like, Oh man, I wish I could still express some. Especially now during a pandemic. Like just like having it around and give it to everybody who knows it might help. Um, I don't have that much. I couldn't like actually feed it to anybody. Um, but it was, it's really funny. The boys are just like what I know.

dianne ([34:07](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2047.581)):

That's so cool. So embrace what your body is doing. Be really proud of it. Your breast milk is not water after a year. Isn't that so weird? Like it's either water or it's full of sugar and causing cavities like pick one. Like which one is it? Which one is that?

abby ([34:24](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2064.95)):

It's so frustrating. It's so demeaning. Like my body doesn't, isn't doing anything useful. My body's just doing these things. It's making this liquid, but it's not it's of no use.

dianne ([34:37](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2077.01)):

you're right. It is offensive. Right? It's really offensive. Yeah.

abby ([34:44](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2084.96)):

Yeah. I just went through all of this, like growing a baby, nourishing a baby. Now it's, you know, now the child's a little older, this wonderful, healthy human. And it's like, well, no, you're just, you don't, there's no reason for your body to be making that stuff anymore. Okay. Unbelievable.

dianne ([35:05](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2105.24)):

So just go against the naysayers. Yeah. Your breast milk changes and it's always adapting and it's a wonderful thing. Yeah. And it's really quite amazing. Thanks for listening.

Speaker 1 ([35:27](https://www.temi.com/editor/t/dWfHX72Ir9KFLZf0WlWYv8DIQbvEw2htn-RCz8NxwwU43-aJ25vvpbxikhfQ6_SC9BSXs39jHOKggmSwHVbBib6VKYg?loadFrom=DocumentDeeplink&ts=2127.49)):

[inaudible].