dianne ([00:00](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=0.48)):

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

abby ([00:25](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=25.5)):

And I'm Abby, the badass breastfeeder. And today's episode is brought to you by Fair Haven health. If you leak breast milk, you can now stop losing it to your breast pad. And instead collect it to add to your stash. And today's episode is also brought to you by Ceres chill, never worry about safely storing your breast milk or formula again. Ceres chill was invented by a mom for moms and offers guaranteed convenience with their double walled stainless steel container. And we'll hear more from our sponsors later, but these sponsors make this podcast possible. So, you can head to badassbreastfeedingpodcast.com and visit that sponsor page, see if you can give any of those sponsors your business, that would be very helpful. And, uh, while you're there, you can scroll down and enter your email address, and we'll have episode sensory to your inbox every Monday. And now Dianne has our review of the week.

dianne ([01:18](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=78.03)):

And I wish I had the date on this, but I do not. It came to us through Instagram and she said, Hey there, I had my first baby two and a half months ago at just 25 weeks. After going into preterm labor, our little fighter was only one pound 15 ounces. I started listening to your podcast during my long drives back and forth to the NICU. I've been exclusively pumping for my baby and just dreaming of the day I could finally breastfeed. Today with that day. I just wanted to thank you guys for providing me with all the information I need to be successful on this new journey. You two have both been so inspiring. Love to you both. And she sent a little picture of her first time breastfeeding with her little baby, um, who was 25 weeks. That's amazing.

abby ([02:04](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=124.47)):

So insane. It must've been so scary.

dianne ([02:10](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=130.62)):

Just unbelievable.

abby ([02:12](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=132.48)):

Can't imagine that it must be so scary to have a baby in the NICU. I can't.

dianne ([02:16](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=136.89)):

And it's so the stress, like I've talked to a zillion, NICU moms over the years, and the stress is unbelievable for one thing, but trying to keep up with the, you know, and a lot of, you know, a lot of parents with babies in the NICU, they're like, okay, this is the one thing I can do is give my milk, right? Like that's the one thing I can do, but the stress surrounding it can just be so much that it's just so hard, but this is such a great inspiration for everybody who has a baby that is not latching or who you are able to breastfeed right away. You know, like those babies will go, they will breastfeed and look this little baby was born at 25 weeks and was two and a half months old before they finally were able to latch. Like, that's a big deal. The babies will do it.

abby ([03:06](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=186.4)):

And it's going to be really hard on so many levels.

dianne ([03:10](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=190.28)):

Oh my gosh. Yeah. So congratulations. I am so thrilled for you. And like I said, I wish I had written the date down on this, but it wasn't that long ago we only got this in. Like, I don't know it was like a week or two or something.

abby ([03:21](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=201.13)):

Yeah, it was recent.

dianne ([03:21](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=201.941)):

So congratulations. And I hope everything continues to go well, and thank you so much for reaching out. You can send us your success stories, your suggestions, your reviews, any of that stuff. We'd love to hear it. You can put it on iTunes. Cause that really helps us a lot. Helps the podcast, helps people be able to find us. But if you don't have the access to be able to do that, you can shoot us an email badassbreastfeedingpodcast@gmail.com. Or you can throw it on one of the social medias because we're there too. And that's it. And now today we're going to badmouth people. So

abby ([04:01](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=241.93)):

Mostly men, but you know,

dianne ([04:07](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=247.81)):

Yeah, I know, right. It doesn't have to be all men because there definitely is.

abby ([04:13](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=253.3)):

usually.

dianne ([04:13](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=253.931)):

yes. Men or grandmother, the grandmother sometimes. Yeah. Sometimes it's, you know, family, but yeah, we're going to talk about, and when we say pro weaning partners, like my brain has to twist that around because I always wanted it to sounds like they're pro breastfeeding. You know what I mean? As a pro weaning partners, like, oh, they must sound

abby ([04:39](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=279.16)):

When you say, oh, that's positive. They're pro something. Yeah. They're pro you weaning

dianne ([04:44](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=284.65)):

This is not a positive.

abby ([04:47](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=287.02)):

No. And there's so there's so many like situations where people are just, and it's your partner, you know, we're mainly talking about partners is pro weaning partners. But, um, of course there's other people in your immediate family that are right next to you all the time. And it is so stressful to have people telling you that you should wean, right. And you have to like defend your breastfeeding relationship. It's absolutely insanity.

dianne ([05:20](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=320.93)):

You know, we were talking about this the other day and on my breastfeeding bootcamp support group and we had a, uh, parent who joined us. Um, I've got a couple of parents that are, that are almost always on, but then, you know, we'll have other people kind of like come and go or whatever, depending on what stage they're in with their relationship, breastfeeding relationship and their parenting. And this one parent popped on. And, um, she was a podcast listener and was wonderful. And she was saying how like, her partner is very supportive and this just kind of like came up. I didn't even say like, oh, we're going to talk about this this week on the podcast. Like it just, you know, they just kind of brought it up on their own. She was saying that her partner, her husband is very supportive, but her own father and her own brother are not. And they're constantly saying something to her about it. And one of the other moms was like, you know, I wonder if you had, cause she has a little boy. She goes, what are the other parents said? I wonder if you had a girl, if they would think differently. And it's really so interesting because you just don't know what's going on in people's heads

abby ([06:24](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=384.26)):

Or what has society has put in people's heads.

dianne ([06:26](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=386.9)):

Yes. Exactly.

abby ([06:29](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=389.36)):

They're probably not even conscious of that. Oh. To treat men and women, boys, girls, you know, whatever to have this binary conversation, but treat them so differently without even knowing, you know, which makes it so easy then to be like, well, no, I'm not, no, that's not why, but it is. You just don't know it. Absolutely.

dianne ([06:55](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=415.97)):

Anyway. And they, you know, she's, you know, and she's like, I, I, you know, I think that they've just sexualized it and are just like uncomfortable with it or whatever, and kind of like, don't be doing that, stop doing that.

abby ([07:08](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=428.51)):

And she, herself as a woman, I'm just guessing that she identifies as a woman and, you know, um, and then so therefore everybody is just welcomed to give their advice and tell you what to do.

dianne ([07:23](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=443.69)):

Right. Exactly. And the other, the other moms on there, um, the other mothers were funny because out of the group that was there that day, um, a couple of them said that their own parents, like their own fathers were uncomfortable with it. You know, like maybe the first little bit of time. And then they got used to it and they were like, okay, whatever. And now it doesn't bother them anymore. And then, um, there is another parent that was also saying that her partner gives her a hard time. So, and that is very hard. It's like, what do you say? You know, you want to offer the right kind of support, but what do you say? Cause you can't be like what an asshole, you know? Like you're just kind of like, wow, that's so hard because it is hard. When, when anybody, especially your own, the person that you live with is not supporting your choices that you're should be making as a family. Like you shouldn't have to battle with somebody to breastfeed your child. Right. Is that hard enough? We've got a battle society. Like why do you gotta battle the people that live in your house?

abby ([08:27](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=507.67)):

Right. And this is my, this is my thing is that it is not a family decision. This is my body.

dianne ([08:36](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=516.28)):

Good point.

abby ([08:37](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=517.18)):

And this is not a family decision. We are not sitting. It's not, we're not talking about schools or discipline or anything like that. This is absolutely not a family decision. It is not your decision, how I manage and deal with my period. It's not your decision. How I deal with going to the bathroom. Now I was going to save this to get into this rant later. But since we're here,

dianne ([09:01](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=541.47)):

I just set you off. I'm sorry.

abby ([09:02](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=542.791)):

Got me riled up. So I was scrolling through Facebook or I was gross scrolling through Instagram before we came on here and I read this thing from this, uh, this, uh, account it's called the female lead. I've never heard of it. I never saw it. I don't know somebody shared, I don't know how I ended up on here, but there's a quote on here. It says society started referring to moms as superheroes because it was easier to sit back and let us do everything while making it seem like a compliment rather than taking things off our plate and actually stepping up and helping us now, that kind of leads us into a whole different conversation. But for the sake of this conversation, I want to say we, we talk, we always talk about how amazing people are and how bad-ass it is and how you're a superhero for breastfeeding and how all of this. And, you know, I support that and I think it's very empowering, but sometimes it kind of gets in the way of the actual, like, it, it, it kind of interferes with the idea that actually we're not superheroes. We're not amazing and awesome because we breastfeed. This is biologically normal. It's very simple. We were born to do this. Our bodies were designed to do this. We are not superheroes because we breastfeed are like, literally, that's what your boobs are for. It's not a superhero thing. It's a being a person thing. That's all you are just born to do this. Your body was born to have a cycle. Your body was born to reproduce. You have a cycle, you poop, you pee, you have a heartbeat. Your blood flows around your body. Lactation is absolutely no different than any of that. It is a simple bodily function and you're not a hero. I'm sorry. It is just a bodily function that you, at this point in history, you can choose not to use. You can, but you choosing to do it doesn't mean that, you know, it shouldn't be seen as something like, you know, putting people out or like, you know, at some amazing thing, like this is literally what we're here for. This is what we're designed to do. It's very simple. We are just, we are just, you know, it's another bodily function. Just like I bleed every month. Just like I pee when my bladder is full, it is so simple bodily function. And it's and if, if anyone had an opinion about how I pee and menstruate, I mean, people would be like, what, how do you even, like, you don't even have like, control over that. Like, how is people have an opinion about it? Why is lactation different? Now I know the answer to that cause we've, you know, sexualized the female body. And because we, you know, all of these, all of those kinds of answers, but this is not this decision. And this process does not involve even your partner. You go over there, step back, have that dumb look on your face. Like you had in the delivery room and stay out of it, you don't have any more to do with this then you had with me pushing the baby out of my vagina, or however you delivered your baby, this is the same thing. It is yet another bodily function that we are doing, that we are like, we are experiencing

dianne ([12:46](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=766)):

One thing that I always go back to with it. I've got two things I want to say for sure. One thing that I always go back to is, I mean, I totally agree with you. I don't know. Or I don't, I can't wrap my own head around the idea that another parent does not want the best thing for their child. You know what I mean? I find it very selfish. It's like, not even just the best thing for their child, but we know like you cannot deny the science behind the benefits of breastfeeding and the benefits of chest feeding for both parent and baby. You cannot deny that.

abby ([13:27](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=807.18)):

and the risks of not. The risks of NOT breastfeeding

dianne ([13:28](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=808.75)):

Right. So Why would you not want that for your child? Like, why would you, why would you fight against that? Like, I don't that I don't, I can't wrap my head around because I'm naive in that way. I'm just like, well, doesn't everybody want the best thing for everybody? No, I guess some people don't, they're selfish and they think of themselves and they don't

abby ([13:46](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=826.51)):

Exactly. It's a totally a selfish thing. Like, why are you even involved in this? Why are you

dianne ([13:52](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=832.36)):

Right? The other thing made me think of it. I hadn't thought about this in a long time. When I first started in this field, I was working as a WIC peer counselor, breastfeeding peer counselor for the WIC department in our area. And we were always like told, cause you know, we're just learning all the things. And we were told, you know, breast is best. Breast is best, which we still hear all the time. And people always say that. And then people started saying, you know, the more trainings I went to and stuff, people go breast is not actually best. Breast is the biological norm. So when you say breast is best, people are like, oh, that's the gold standard. That's up here. I'm fine with being the bronze standard. I don't have time to be the gold standard. But if we like label it as this is normal, what this is normally what your body does like, this is, this is it right? Like, this is, this is what your body does. Then it doesn't seem so out of reach or it shouldn't be

abby ([14:47](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=887.05)):

Well, not the whole superhero thing. It's like, well, I'm not a superhero. Look, I'm not a superhero. I can't do all of this. No, no, no. Nobody can, nobody can, nobody else wants to do it either. Which is why nobody helped you and why they just started calling you a superhero. Cause it was like, oh my God, look at all the things you're doing. You think I want to be over here doing absolutely everything?. And it just feel, it fuels the like that narrative that like that, you know, we should be doing everything and everyone should be having this opinion about what we're doing. And, but, but yeah, but yeah, but I totally agree with that. Breast is best. It's not helpful. And actually breast is best. If you do a little, um, research that was about that's a formula company started that, not the lactation world formula marketing started that breast is best, but breast is best. But you know, then though, you know, sometimes you can, sometimes I bet and all these, like all these reasons, why they're they just play to this? It just, you know, they play to your, you know, you know, you know, you don't, you don't have to do everything,

dianne ([15:57](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=957.52)):

Right. You're not a superhero.

abby ([16:01](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=961.6)):

Yeah. It takes away the idea that like, this is a simple bodily function, just like all the other bodily functions you have, it is no different, right. It involves a part of your body that has been completely overly sexualized. Beyond sexualized. Fetishized. And so, you know, there, we step into, you know, a whole other, you know, the reasons why I know women's health and this, you know, the female body and all that stuff that, you know, involves the whole society conversation. But yeah,

dianne ([16:40](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1000.27)):

Absolutely. But should we, why don't we do our break? I know. So we'll do our break and then we can talk about maybe some of the things that we can do about these partners. If there's anything, maybe we're just here to, like,

abby ([16:57](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1017.97)):

You don't want to hear to do. And he's in two words, starts with an F and, and O. Okay. We'll be right back with more of this.

dianne ([17:10](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1030.48)):

Fill in the blank.

abby ([17:15](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1035.1)):

Today's episode is brought to you by Fair Haven Health. Do you leak breast milk? Have you ever thought about how much breast milk you're soaking up in your breast pads and throwing away? What if you could catch that milk and add it to your stash instead, the milkies milk saver allows you to do just that. Slide the milk saver into your bra or tank top on the non-nursing side to catch the let down while you breastfeed. People are adding ounces upon ounces to their stash on a daily basis that thousands and thousands of breastfeeders have discovered this product. It holds two ounces of milk it's comfortable to wear and reusable. You might be thinking that you don't leak very much. This is what most people say before they actually use the milk saver. You will be shocked at how much milk you collect and how much liquid gold you were throwing into the garbage. This milk can be used to beef up your stash, to make breast milk keepsakes, for baths, for breast milk popsicles, lotions, soaps, you name it. Breast milk is worth saving. Check out the Milkies milk saver at FairHavenHealth.com. That's F a I R H a V E N health.com and use code badass for 15% off of your purchase. And today's episode is also brought to you by ceres chill. Never worry about safely storing your breast milk or formula again. Ceres chill was invented by a mom for moms and offers guaranteed convenience with their double double-walled stainless steel container. A little bit of water and ice is all you need to keep your breast milk or formula safe for 20 hours. No more lugging around chunky coolers and dozens of containers you can pump and double pump all day into one sleek container. The chillers are dishwasher, safe, airport friendly, and last a lifetime. Use it for wine coffee, or any of your favorite beverages or even snacks when you're done breast or bottle feeding. Head over to Ceres chill that's C E R E S C H I L L.com or check them out @cereschill on Instagram for more details and use code badass breastfeeders 25 for 25% off of your purchase. That's badass breastfeeders twenty-five and uh, the sponsors and the promo codes can be found in our show notes. Under this episode at badassbreastfeedingpodcast.com our show notes will also include further information about things we talk about in this episode and the badassbreastfeedingpodcast.com. You will also find our breastfeeding resources, all of our other episodes and information about scheduling your very own one-on-one online lactation consultation with Dianne.

dianne ([19:49](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1189.29)):

So,

abby ([19:51](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1191.24)):

And now everyone can EFF off.

dianne ([19:54](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1194.67)):

So really what it comes down to like when I hear people talking about this, I always kind of go from like, wow, like, this is really unfortunate that we're still having this conversation about something like this, but the truth behind it is there are really very, very unsupportive partners out there. And it is a really hard thing to get around. That is one of the biggest reasons for not breastfeeding or for stopping breastfeeding earlier than you planned is because you have lack of support. That is like number one reason. So this is a huge deal. You know, those, those pro weaning partners, we put like pro weaning, because if you are somebody who's like, cause a couple of the people that I've recently talked to their baby was, you know, oh, once you get close to six months, I want you to wead. Once you're at a year, I want you to wean, you know, that kind of thing. But sometimes you're just starting out, right? You're just starting out. Your baby is maybe a week or two old. You're just getting into a groove of breastfeeding. And your partner's like, no, I'm not, I don't want this. I don't want you breastfeeding in public. I don't want you breastfeeding in front of other people. I don't want you breastfeeding at my family's house. I don't want you breastfeeding. When people are at our house, they don't want to see that. And they just make it really difficult for you to continue. And that's not okay. I mean, that is really not okay. And I don't have a lot of really great answers for that, but I can like be a good sounding board because it's awful to have to try to do that deal with that. And like Abby said, it's not it's, this is a relationship that you're having with your own body. Like this is not something that should be up for discussion amongst multiple family members.

abby ([21:42](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1302.67)):

Yeah. I mean, I think there's a few ways, like, you know, you, the, the bottom line, I mean the, the hard truth, I think of a lot of this is that there aren't any, like one size fits all answers. You know, you have different partners that have different concerns that, that are, have different motivations that you know, are coming from different places. And what, what is 100% true about you is that you will find yourself dealing with stress in ways that you never imagined. You will find yourself having to, you know, create boundaries and deal with, you know, people in your business on a level like never before. And you will have to dig deep. You will have to dig deeper in yourself than you've ever dug and do things that are so extremely out of your comfort zone. For a lot of people just creating boundaries with people is so incredibly uncomfortable. I mean, I remember doing it with my own family early on. It's just so uncomfortable because we've likely, never done it before. And they have never violated boundaries at the level that they're doing it now, you know, babies really bring on like the, you know, the crazy violator in everybody. Yeah. Right. They just bring out the crazy, everybody goes nuts. And like, you are going to find yourself in situations that are so uncomfortable that you don't want to be there. And there is no magic answer. There's no easy way, you know, to deal with it. I mean, I think that, you know, if you, I mean, some people know right off the bat, like, oh, I could try to talk to my partner about this, but I know they won't listen. You know, they know, you know, you know, usually at this point, you know, kind of what conversations you can have or what's going to, you know, what they're going to listen to and not listen to. And hopefully you have a partner that's, you know, understanding and going to listen. Even if they are saying that they would like you to wean, they might have a conversation about it. Um, I think education is key in this, I think explaining to them that this is a bodily function and equating it to, or, or, you know, um, equating is not the word that, I mean, like, um, comparing, I was looking for a fancier word it to like your cycle, you know, your pregnancy, you know, these kinds of things that, that people wouldn't generally get involved in, you know, you know, letting them know that this is, um, you know, this is something that involves your bodily, your body very intimately, and that you can't just stop. You can't, that is not good for either one of you, you know, you will go, it'll bring on extreme hormonal changes. Your baby will be real upset. Your body will go through, you know, changes, you know, just from that process and trying to let you know, trying to explain this to them, you know, that it's not that easy. Um, so I don't know. I think trying to educate them is one way to do it. And the other way is, you know, laying down some, you know, laying down those boundaries and laying down the boundaries of the family, I guess they think about like my own parents. I think you think about grandparents, but you might need to do it with your partner too. I remember this wasn't exactly about breastfeeding. Although we did, we had a discussion about this too, but when I first got pregnant, I kind of felt like I was just like pregnant. I was going through this thing and Josh was like, not really involved. And I said, at one point I was like, I don't know, like, you want to be like, involved, like somehow, I don't know, like act like you're interested or like, just like be a part of it. I don't know. I didn't know what he was supposed to do. And he didn't either. Right. But so what he did was he picked up this book, like, of course, what, what to expect when you're expecting, I'm sure it was the book we had. Of course. Yeah. That's the one that everybody's got. And I remember sitting in the bathtub one day and he came in and he goes, so I'm looking at this book, are you still wearing thongs? And I was like, yeah. And he goes, it says not to do that. It says, it says you shouldn't wear those. And I was like, I was like, this is not what I meant by being involved. Like, you don't get like, there's no, like what I shouldn't shouldn't be doing. That's not what I meant. Like, I'm not sure what I meant, you know? And like, maybe we can figure that out together, but I can tell you this right here is not it. And he was like, okay, okay. He was like, okay, all right. He said he was fine with that. And then, you know, then I had, we had Jack and then, um, I had Jack, he was there. Um, and he, you know, I started breastfeeding and he was like very supportive of it. And very, you know, it was really hard at first. And, you know, we had a really hard time getting started and he was like, there for that. And I started learning about, you know, of course I started learning more about it and learning that, that he, he might possibly, you know, I would go home. Maybe I just wanted to like wean on his own. And like, you know, sometimes they wean like really, you know, they're like old when they wean. And he was like, I don't know. I dunno about that. You know, like, I don't know how I feel about that. Um, and I remember, I don't remember exactly what I said, but I said something along the lines of like, well, that's not your opinion. Doesn't matter at all. You know, this doesn't involve you in the least. Yeah. Whether I'm what, how old or how long I, how long I breastfeed for, like, you literally have no, like, you can be a part of it and be a positive, like, you know, presence in it. Or you can just back up, like, those are your two choices. Like you don't get to decide what's going to happen. You can be positive or you can be a jerk and be over there,

dianne ([28:07](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1687.09)):

Be over there. I think education definitely plays a role. And I was going to say that too, before you did. And I know that when I have done breastfeeding classes, more so in when I did them in person, I mean, I still do them now all the time and, you know, over zoom, but it's just not, you can't interact with people in the same way, but when people were going in person was able to kind of bridge over some of those concerns, because that was one of the reasons why I really wanted partners to be there because sometimes they will be like, oh, I didn't know that. Okay. And it would be a game changer for them. Maybe it would be a health, health benefit. Maybe it would be, you know, the biological normalcy of it. Maybe it would be the financial process of it that people don't really think about that plays into their, you know, into their role of it. And that would be really like, oh, all right, I'm on board with this now. I, I get it. I, I understand it a little bit more, but one of the other things that we have never talked about, I don't think on the podcast maybe a while ago, but I don't think we have is partner postpartum mood disorder.

abby ([29:13](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1753.33)):

Oh yeah. I actually have a friend who, whose partner went through that.

dianne ([29:17](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1757.11)):

Yeah. And it is like, you don't hear about it as much. It's probably not as prevalent as it is with, with the actual birth parent, but it is a thing. And if you, not that you should have... I fight with this in my own brain because it's like, why should a new parent have the time to sit and coddle their partner about why they should on board with breastfeed?

abby ([29:42](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1782.84)):

Just like the parent, just like the birthing parent would have responsibility for getting help. They have responsibility to get help for themselves too.

dianne ([29:49](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1789.39)):

Exactly. But just to kind of find out like, what, what, what is the hold? Like if you're really, if you're really unsupportive about the process of breastfeeding your infant, what is it about it that's that, that is so bothersome? You know, like, what is it? And maybe it comes down to the fact that that partner now their whole life has changed. Their relationship with you has changed. Everything has changed and they are not prepared for that. Cause they don't prepare the way that the birth parent prepares it's totally different. And they just can not,

abby ([30:22](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1822.96)):

What do you can fully prepare? Right? Because you can not prepare for this. As soon as that baby hits your life. It's like, it's just reality. You know, that that's the reality. Every, all of the preparation, some of it worked, maybe some of it didn't, you know,

dianne ([30:37](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1837.04)):

You can't right. You can't, you can't like totally prepare. But the birth parent is like carrying that baby. And you, you bond right, with that baby. You know, you have that piece of it where the partner doesn't. And then the partner like the baby's born and the partners is like, okay, I'm not feeding them. I'm not part of that. I'm not like, and the relationship with their partner now is totally changed, which I think a lot of people don't get that. Like they, they don't

abby ([31:04](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1864.82)):

They're not fun bags anymore!

dianne ([31:08](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1868.81)):

So it's totally different. And I think a lot of times, well, I don't want to say, I think, but a lot of the people that I've talked to that have had issues with their partners being pro weaning, it really comes down to my life is different and I want it back the way it was and this baby's interfering and this needs to change. We can't go out because we can't leave the baby because you have to breastfeed. We can't do things because the baby has to breastfeed. The baby is sleeping in our bed. The baby is up three times a night and you kept keep getting out of bed with the baby. Like this is,

abby ([31:42](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1902.41)):

And what they don't realize is that it's exactly the same. And even more work if you bottle Feed, but they don't think of that. They don't know

dianne ([31:49](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1909.49)):

How about, you know, You know, and they just let's, if we took breastfeeding out of the equation, It would be more, be more normal.

abby ([31:57](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1917.231)):

Yeah. Things would be more normal Yeah.

dianne ([32:00](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1920.11)):

Right. I hear that all the time. Yeah. And that's not, I mean, life is different now.

abby ([32:06](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1926.14)):

Yep. And it's not going back.

dianne ([32:09](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1929.14)):

Right.

abby ([32:10](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=1930.34)):

Yeah. You'll find a new normal, but it's not going back. And yeah, there's a lot of like having to come to terms with that. And I think that's so true. I think that that's like, um, I heard I was listening to a comedian and I can't, I don't remember who it was. I think Josh would remember, but he was talking about this exact thing. He was talking about how, um, He was talking about like having babies and the whole change that happens. And you know, how, as like the non birthing breastfeeding parent, you're kind of on the outskirts, you're not as involved. And he said, now I know why men leave. Oh. And I don't, I had a really hard time with that. I was like, that does not, that's not sitting with me. Well, because it just feels kind of like, it feels very toddler ish, you know, like, well, fine. If you're not going to play with me, then I'm leaving, you know, like, or, you know, it just like, it's sort of like a tantrumy kind of thing. But if you also think about the fact that, you know, many people have like the emotional intelligence of a five-year-old, because we also suppress people. So, you know, people are taught to just like push all the feelings down or whatever. And we don't have any idea of how to like really process that, talk about it. Like a lot of, you know, the people that are feeling this don't know why they're feeling it, you know, they're not like intentionally, like I'm having a tantrum, it's just presenting this way. Right. Um, but I realized from watching that like, okay, well, that's how some people feel. And that's how some people I guess, decide to deal with it, which seems insane to me. But I also don't, you know, I can't speak for, I can't really speak for the experience of partners because I've never been that I've never been on that side, but that was, yeah. That was really interesting.

dianne ([34:25](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2065.271)):

And it's like in your Face, you know, like it's just boom right there.

abby ([34:30](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2070.37)):

And like, but also like, what do you expect? What do you expect the person to do? Should we just like, not pick the baby up as much? Should we not have the baby as involved in the family? You know, they're being held all the time, constantly crying. They're all around here. Maybe we should just like, you know, maybe they, maybe we should draw boundaries with the baby. Come on, baby. You know, this is not okay. You can't be crying right now. I'm talking, you know, my, you know, my partner is talking right now. We don't have time for you to talk, wait, your turn. Like, it's, you know, when you, when you start thinking about like, well, what do you want? Like, what would you, what would you ideally want? It doesn't make sense. It's not possible. You know, it's not, it's like, I dunno. That's when I start to feel like, okay, well, I don't know what you want then. Right. I don't know how to give you what you want and I'm not into giving people what they want. Anyway.

dianne ([35:27](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2127.62)):

It's a very difficult place for sure. Um, but like we said, there's not like a one size fits all answer here. Again, we were saying earlier, boundaries are important. Education is important. Having those discussions. I mean, it helps, it really helps to have these discussions prior to the baby being born. Because sometimes you just assume you're on the same page and you're not right. So having those discussions early, this is what I plan to do...

abby ([36:04](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2164.14)):

But also we don't know. Right. You know, I didn't know what I was going to do. It's just, you know, pre planning is wonderful. I just want to acknowledge that it doesn't help sometimes. You know, when you're just, when a bomb goes off in your life, it's like, it's just crazy. There's no way around it. So anyway, we're here to support you. We are, we're here to support.

dianne ([36:34](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2194.93)):

We get it. We get, we see you. But yeah, if any, you have any other suggestions, share them with us. We'd love to hear it. And we'd share with everybody else if you've been through it and you want to vent, we would love to hear about it too.

abby ([36:47](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2207.44)):

Definitely. Yeah. Thanks for listening. Bye.

New Speaker ([37:02](https://www.temi.com/editor/t/kgP75Lsv-oGXgMmWlwcBrGm2TyT1Xk-iq__9XMFB1LvPG73ne34jqA78_KGHCQPKQBFmaDMMQkBwxleeJgHpS8QeBOk?loadFrom=DocumentDeeplink&ts=2222.47)):

[inaudible].