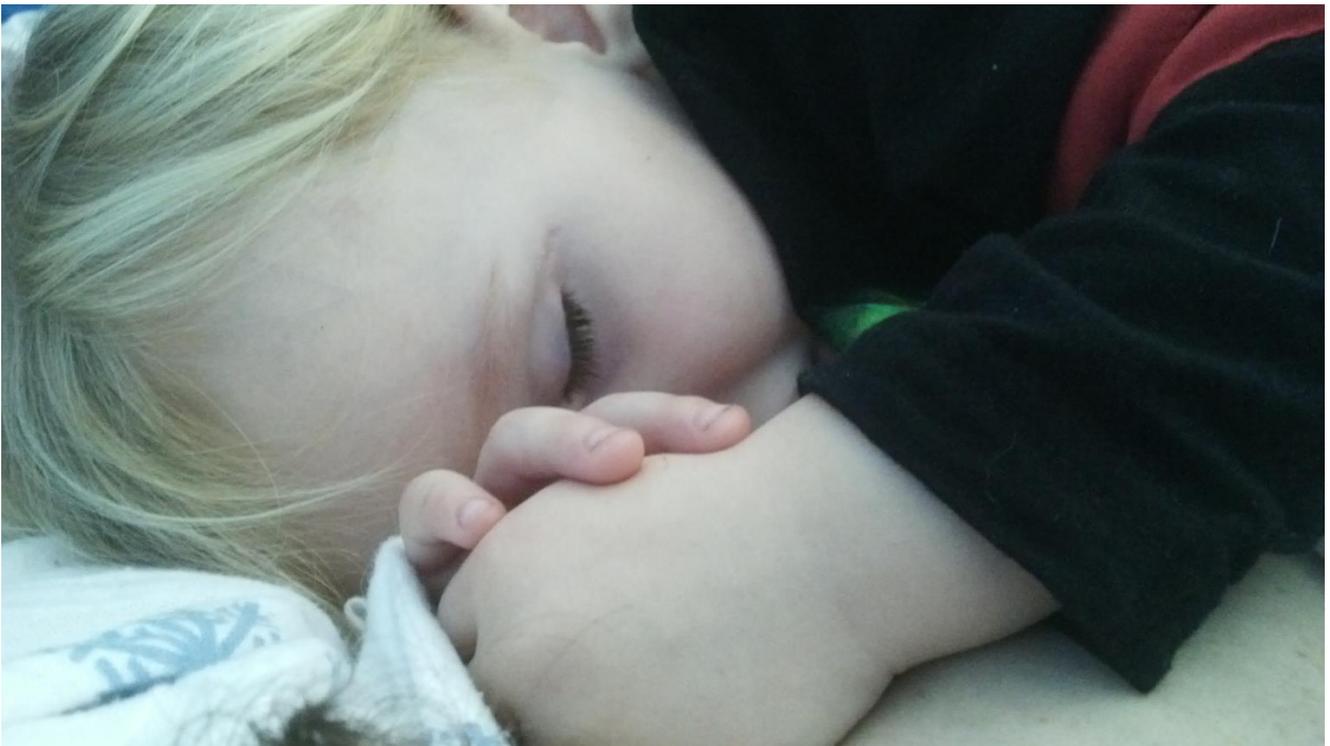


**Don't Give Up  
on Your  
Worst Day**



**Lauren Kinghorn**

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I ask only that you use the book in its entirety, exactly as it is now, and that you also offer it FREE to your subscribers. Thanks so much.

Please feel free to e-mail me on [lauren@happyhumanpacifier.com](mailto:lauren@happyhumanpacifier.com) should you have any queries in this regard. Read more at [Happy Human Pacifier](http://HappyHumanPacifier.com).

## Foreword

If we are motivated either by the **desire to avoid pain or gain pleasure\***, it's no wonder breastfeeding stats are so dismally low\*\*. Because, for many Moms, breastfeeding starts out as a painful experience. For some, it can feel almost unbearable and this can be made worse if labour was long and excruciating.

It's understandable that many give up on nursing in those early tricky days. Especially if they are not aware of what may be just around the corner.

Because many Moms, who have persevered, can attest to the fact that the pleasure of nursing far outweighs the pain and that the pain is short lived. Usually, this pain-pleasure paradigm reverses in a matter of days or weeks.

Before you know it, nursing your newborn can become a beautiful, enjoyable, relaxing experience. It can start to feel like second nature.

It can become deeply fulfilling on many levels. It can rank right up there next to falling in love, getting married and becoming a Mom.

It might even feel like the best thing you ever did.

You see, nursing is one of the few activities we can do that falls into this category:

- ★ it feels good
- ★ it's good for you
- ★ it's good for others
- ★ it's for the greater good

Nursing your little one can give your life meaning. Beauty. Peace. And oh, so much Love.

Which is why it's **essential** not to give up on your worst day.

As with any worthwhile achievement in life, it can take a while to get into the swing of things.

Please know, this too shall pass.

Help is at hand. ~~Good~~ Great days are coming. Hang in there.

\* **“One of the most important precepts about human behavior and change is that at the most basic level, there are two forces that motivate people to do what they do: the desire to avoid pain or the desire to gain pleasure.”** Anthony Robbins – The Power of Leverage

\*\*In the USA 19% of Moms manage to breastfeed exclusively for 6 months, as per WHO guidelines.

In my home country, South Africa, it's as little as 8%, and in the UK it's a shocking 1%!

***See more statistics here.***

## **Quick Note from The Author, Lauren Kinghorn**

### **December 2018**

*When I had my son, Benjamin, I was determined to breastfeed him for at least 2 years, as recommended by The World Health Organisation (WHO).*

*I chose baby-led nursing and opted to share my bed with my little one (or co-sleep), which made nursing on-demand easy and natural for us.*

*Once we reached our 2-year nursing milestone, it made no sense to stop, so our goal shifted to full-term nursing.*

*Full-term for us came just before Benjamin's 4<sup>th</sup> Birthday. He weaned gradually, naturally and let nursing go when he was ready.*

*Nursing was one of the most beautiful, loving experiences of my life – and his. Benjamin is now 5-years-old and he still speaks fondly of his nursing days.*

*Every now and then, he asks or attempts to nurse again but of course, he's forgotten how and there's no milk.*

*My wish is for you to discover the immense joy and beauty of nursing your newborn, for your sake and for the sake of your little one.*

*That's why I wrote this book.*



## Chapter 1: How to Be a Good Girl Scout

The Girl Scout Motto is ***Be Prepared*** so let's do that.

There are a few ways you can prepare yourself for breastfeeding during your pregnancy. The first is to know what to expect in the first few days and weeks as a nursing Mom.

### **Be prepared to breastfeed 24/7 in the beginning.**

Breastfeeding will be your full-time occupation. If you're breastfeeding exclusively, on demand, which is essential in the first 6 weeks to set up your milk supply, it's entirely normal to breastfeed about 12 times in 24 hours.

This could amount to 8 to 10 hours a day of breastfeeding (including night time feeds).

While I was pregnant I attended a fabulous talk given by Marie-Louise Steyn, IBCLC\* and author of **Breastfeed Your Baby**.\*\*

One sentence from her talk made me giggle and thus stayed firmly in place in the early weeks of Benjamin's life, despite *Mommy brain*. She said:

***At the beginning, breastfeeding is a full-time job, if you manage to pack the dishwasher, you've worked overtime.***

Of course, I phoned my husband straight after the talk to deliver the news.

### **Which naturally brings me to the second way to prepare yourself: seek support.**

It will help you enormously if you set up support systems before you pop. Part of your preparation is preparing your loved ones.

To this end, it's a really good idea to take your husband along with you to antenatal classes or any talks you might attend on breastfeeding.

My husband was not keen on attending antenatal classes (I think he had visions of Lamaze classes), and so he took some convincing.

Eventually we struck a deal: he agreed to attend every second Saturday and my Mom joined me for the other classes.

It was great having him at a few of the classes and my Mom helped me remember and emphasise important points to hubby after the other classes.

e.g. In class I learnt that I'd have no time for grocery shopping, housework or cooking in the early days as baby would be my new boss. I'm happy to report Daniel took note of all of this and delivered (excuse the pun).

I cannot stress this enough, having a supportive spouse, family or close friends could be what makes or breaks your breastfeeding experience.

Having said this, I believe the **single most important determining factor** in whether you give up or whether you continue breastfeeding, despite possible challenges, **is your own determination to succeed.**

There are exceptions to this rule. You'll find them in Chapter 8.

I'll give you some techniques to help you build up your resolve to nurse in the next chapter.

### **It takes a Village**

I also recommend getting support from other breastfeeding Moms. It's unusual in Western society nowadays to come across women breastfeeding in public, and so we may not have an idea of what it looks like to nurse. Attending a meeting at your local **La Leche League** (LLL) while you're still pregnant, is a great idea.

I managed to get to two LLL meetings before I had Benjamin (and many since) and it was fascinating to hear the stories and be up close and personal with Moms nursing their newborns, or babies, or toddlers.

## **La Leche League was quite an eye-opener.**

Watching new moms learning to latch their babies properly and more experienced Mothers nursing comfortably is about the closest you'll get to practicing before-hand.

A precious moment for me at my first LLL meeting was when one of the new Moms asked if I would hold her baby boy for a couple of minutes so she could nip out to the bathroom. I melted.

*This is what it will feel like to hold my little boy in a few weeks' time? Wow.*

As you enter the last trimester of pregnancy, you can feel there's a little life inside you when baby kicks or hiccups, you can see there's a little person growing inside you on the scans, but **nothing beats the feeling of holding a real live baby in your arms.**

To sum up... I'd recommend you prepare yourselves during your pregnancy by following the 4 steps below:

- Attend Antenatal classes in your area, ideally with a Lactation Consultant
- Read books, watch videos or attend talks on pregnancy, labour & breastfeeding
- Get the full support and understanding of your loved ones
- Find a way to be around nursing Moms, join a local breastfeeding support group

\* IBCLC = International Board-Certified Lactation Consultant

\*\* Marie-Louise breastfed her own 5 children, and is a doula, birth photographer and lactation consultant. She gave me my first insights into breastfeeding and I enjoyed her straight talking book on breastfeeding more than most others I've read since. I found it a quick, easy read.



## Chapter 2:

### How to Fire Up Your Determination

I found that knowing all the benefits of breastfeeding upfront, really helped me fire up my determination to breastfeed.

My intention with my book, *Happy to Be a Human Pacifier* (soon to be released on Amazon Kindle) is to provide so many compelling reasons to breastfeed, that new mothers would consider this their only option.

I'm still interviewing Moms and completing the research for the book, so for now I'll lead with some of the remarkable benefits I've uncovered so far in my research:

#### **Did you know that your Breastmilk can save your baby's life?**

As per the World Health Organization, “If every child was breastfed within an hour of birth, given only breast milk for their first six months of life, and continued breastfeeding up to the age of two years, about 800 000 child lives would be saved every year”.

#### **Read more here**

This is because breast milk is teeming with antibodies, which can prevent the two leading causes of death in children: diarrhoea and pneumonia.

Benjamin has had diarrhoea twice in his little life, and both times were long after most of my Mommy friends had stopped breastfeeding (he was 19 months and 25 months old).

Both times I was extremely grateful that he was still nursing. The first time he refused anything by mouth except breastmilk, the second time he asked only for breastmilk, water and biscuits (which of course he could not keep down).

**There are scientific studies proving these Health Benefits for Baby:**

- Breastfed babies have better visual acuity
- Breastfed babies have fewer & less severe ear infections
- Breastfed babies have fewer & less severe colds, flu's & asthma
- Breastfed babies are far less likely to suffer from tummy bugs
- Breastfed babies are less likely to suffer from diabetes
- Breastfed babies are less likely to have orthodontic problems
- Breastfed babies are less likely to experience reflux & colic
- Breastfed babies have smoother, clearer, healthier skin
- Breastfed babies tend to be more intelligent
- Breastfed babies have less risk of diabetes and heart disease later in life
- Breastfed babies are less likely to be overweight as adults
- Breastfed babies are less likely to die from Sudden Infant Death Syndrome (SIDS)

**Studies also prove these Health Benefits for You, Mommy:**

- Breastfeeding helps your uterus return to normal size
- Breastfeeding reduces bleeding after birth
- Breastfeeding burns more calories
- Breastfeeding usually delays return of menstruation
- Breastfeeding reduces your risk of breast and ovarian cancer

## Emotional and Psychological Benefits of Breastfeeding

Apart from the nutritional value of breastmilk, which studies have shown is far superior than any substitute, the emotional support you offer to your baby every time you offer the breast is indescribable.

Babies thrive on touch. They need to feel close to their mothers, to be held, to be loved. Breastfeeding is a powerful form of communicating your love to your newborn. And interestingly, as you start breastfeeding, the so-called “love hormone” (oxytocin) floods into your body, and you are instantly filled with a sense of peace and adoration.

We have a huge responsibility towards our children, not least of them being to give them the best possible start in life. I see breastfeeding as the perfect way to keep my son both safe, and secure.

Breastfeeding is so much more than just premium nourishment and immune support, it is a sacred time where you can show your love and commitment to your child, and in so doing, build up their trust and self-esteem.

I am deeply grateful to have been able to give my son this tremendous gift.

Take a moment to consider which of these reasons stand out as the most important reason for you, personally, and for that precious little bundle of joy you are carrying or have carried in your womb.

### Further help for when the going gets tough

There are two simple techniques that would be helpful to master before baby arrives.

Both are beautifully freeing and leave you with a deep sense of calm and joy, especially when you're releasing big issues.

1. *The Work* by Byron Katie frees the mind from stressful thoughts.
2. *Emotional Freedom Technique* frees the spirit from unwanted emotions.

### Unbundling the Mind

One of the most life-changing books I ever read was *Loving What Is* by Byron Katie .

Katie, as she's lovingly known, created a process of writing down your stressful thoughts and then questioning them. In the questioning process, you are able to release thoughts that may have been plaguing you or holding you back for years.

**The Work**, as Katie's process is called, can be applied to traumatic issues like child abuse, betrayal, miscarriage or stillbirth, as well as common, everyday frustrations and resentments.

For example, as a new Mom you may find you resent your husband for going to work while you are left dealing with a crying baby who seems to spend more time on the breast than off. Doing *The Work* on this, or any other issue you may have around being a new parent, can give you an entirely new perspective and in the process becomes an excellent coping mechanism for you.

I was fortunate to attend a workshop by Byron Katie in Johannesburg in 2003 and I got to experience *The Work* live as Katie took people through her process on stage.

Katie travels around the world sharing her technique, and has many examples of her work on her website go to: <http://thework.com/en>

Download the **Judge Your Neighbour Worksheet** and **Instructions for Doing The Work**.

### **Unbundling the Emotions**

Another technique that has worked brilliantly for me is Emotional Freedom Technique also called EFT or Tapping. I've never been one to shy away from alternative techniques, but I must admit I felt a little silly when I first tried tapping.

Once I understood, however, that the tapping is not as random as it looks, you're actually tapping specific pressure points, it all started to make sense to me.

I know from my Shiatsu training that pressure points relate to organs in the body, which in turn relate to certain emotions.

I've since worked through tough emotional issues of my own using this brilliant technique and helped some clients work through issues too.

One particularly pivotal example springs to mind...

A friend of mine called me to say her Aunt was in deep distress, having just found out that her sister had been shot and killed. I met with the Aunt and for an hour and a half we did EFT together.

The emotions that were bubbling to the surface were not shock or pain as I expected, but rage. My friends' Aunt felt she had spent her entire life picking up the pieces for her sister, she felt her sister was irresponsible and careless. Now she had died and left her with the lifelong responsibility of raising her two young children.

During that one short session she worked through all the stages of grief and came to accept her sister's death, forgive her, and welcome the children into her home. It was nothing short of miraculous. And all this with *just* Tapping on a few pressure points.

I now see EFT as the single most effective technique I've ever learned to shift your emotions. Fast.

EFT is a great tool if you experience Postnatal Depression or difficulty breastfeeding. I've used EFT to help a friend overcome her baby blues after the birth of her second child.

With EFT, its particularly helpful to have someone lead you the process at first. I was fortunate to be introduced to EFT by Lana Ackermann.

Lana is an accredited level 1, 2 & 3 EFT Trainer, and, fortunately for us, continues to practice as a practitioner as well. Lana lives in Stanford and travels around South Africa teaching and making herself available for sessions. She offers skype or telephone sessions to clients all over the world.

Book a session with Lana, go to: <http://www.emotionalfreedom.co.za>

Quick Recap:

### **Follow these 4 Steps to Fire Up Your Determination**

- Research all the Possible Benefits of Breastfeeding
- Pick the 3 Main Reasons You've Chosen to Breastfeed
- Try *The Work* to Turn around Your Stressful Thoughts
- Tap Out Your Feelings using EFT



## Chapter 3:

### Getting Through the First Few Days & Weeks

Here's where the rubber meets the road. It's highly likely that your worst day may be one of these early days.

This can be for any number of reasons:

1. Missing out on the “breast crawl”, baby's first dream feed
2. Struggling to position or latch the baby correctly causing painful nipples
3. Tongue or Lip tie issues causing loss of weight
4. Nurses or Doctors unsupportive of breastfeeding
5. Baby born prematurely, having to express milk at first
6. Complications after birth, having to supplement with formula
7. Scheduling feeds

Let's take a closer look at each of these.

#### 1. The Breast Crawl

Our specialist lactation consultant and antenatal teacher, Rosemary Gauld, showed us a video of the breast crawl, that divine dream feed that can occur directly after birth.

This is something that happens naturally, well sort of... The ideal circumstances are a natural birth, with no medication in your system or baby's system that would make you drowsy. In the video we saw this happening after a water birth.

Immediately after birth, your newborn relaxes on you, skin to skin, for an hour or longer - as long as it takes for baby to make their way up to your breasts and nurse for the very first time.

It's a beautiful thing to witness, and it has huge benefits for both Mom and baby.

The first major benefit is that baby instinctually knows how to position itself and latch correctly, as their instincts kick in during this precious moment.

The second major benefit is that, as the baby stimulates the breasts to release milk, Mom's natural love hormones (oxytocin) start flooding her system right away. Mom and baby bond happily and peacefully, relaxing together after the (sometimes) traumatic experience of birth.

Oxytocin also helps the mother curb blood flow, preventing hemorrhaging after birth.

Knowing all this upfront, prompted me to make a number of choices before I had my son.

### **My Birth Plan**

I envisioned having this beautiful, serene moment with my son after his birth. I was so motivated to achieve this dream-first-feed, that I opted for a drug-free birth.

I also asked that no *Syntocinon* (*Syntometrine/Pitocin*) would be administered after the birth (to prevent hemorrhaging).

This set up a chain of events that eventually resulted in me being induced. Paradoxically, was loaded up with *Syntocinon*.

My original Gynae rejected my birth plan, refusing to deliver Benjamin if I refused *Syntocinon*.

I found a Gynae who was happy to go along with my Birth Plan, but she was going away the weekend after my due date. My baby was weighing nearly 4kgs at our post-due-date appointment. So I opted to be induced at almost 41 weeks.

This resulted in a labour from hell, sans pain killers – ouch!

And by the time young Benjamin was born I was exhausted and my blood sugar was so low, I was shaking like a leaf. I was convinced I was the reason he was crying so hard.

So, I accepted the nurse's kind offer of a warm bath and was grateful when my husband and the Nurse took our little boy out for his weigh-in.

All thoughts of a breast crawl vanished and forgotten.

Lesson learnt. Labour and post-labour, particularly when you're giving birth for the first time, seldom goes according to your Birth Plan.

I've heard so many birth stories since then.

Once in a while, I hear of an almost pain-free birth.

Once in a while, I hear of a baby doing the breast crawl.

There's an AWESOME [story on Happy Human Pacifier](#) of a Mom who adopted her son, and he did the breast crawl on *her*, his adoptive mother. Gives me goose bumps!

**Plan for the perfect birth followed by the breast crawl, by all means...**

**Hope for it, dream of it but don't place your happiness and future breastfeeding success on having it.**

Birth Plans don't always go to plan but that doesn't mean you won't be able to breastfeed long-term (if that's your goal). I breastfed young Benjamin full-term, until he weaned naturally at nearly 4-years-old despite the fact that we had a rocky start.

## **2. Positioning and Latching**

I really struggled at the beginning to position and latch Benjamin correctly.

Fortunately, there were wonderful nurses in the hospital to help for the first couple of days. I remember still feeling nervous about latching when it was time to go home and I did experience quite a bit of nipple pain for the first few weeks as a result of incorrect latching.

I used cabbage leaves (cold from the fridge) and pure lanolin ointment to help reduce the pain, and persevered until I got the hang of things. And the pain dissipated.

I've since learned from La Leche League leaders that this pain does not have to be endured though. If you get your latch right from the start, breastfeeding should not be painful at all.

Positioning and Latching is tricky to teach in a book. It's best to have someone physically present who can show you exactly what to do.

Ask whether there's an experienced, accredited lactation consultant (IBCLC) affiliated to your hospital or go and meet one at your local breastfeeding support group or LLL meeting.

I'd advise you to get help with latching as soon as possible – before you've picked up bad habits or done yourself some damage.

I fortunately did not experience cracked or bleeding nipples, or mastitis but I can just imagine how painful it must be to suffer these conditions. I've known some women who've stuck it out despite the pain, and others who just couldn't.

Do whatever it takes to make nursing an enjoyable experience for you and baby as soon as possible. You won't be sorry.

### **3. Tongue or lip tie issues**

Again, this was not something that I experienced, but here's a personal story that was written by a Grandmother I know:

*“My grandson is almost 5 months and my daughter is still expressing milk for me to feed (I'm the nanny! :-)) him during the day when's she's at work. We do supplement with formula, about 20%. in the beginning, she had such trouble.*

*He may have been a little colicky, but the real problem we found at 2 weeks was that he was tongue-tied! (The pediatrician told my daughter that he was definitely NOT tongue-tied).*

*The Ear Nose Throat Specialist told us that he sees at least 8 - 9 nursing mothers and their babies a day. The babies are not gaining weight, the mothers are at the wits end and they're being told by their pediatrician to transfer over to formula.*

*The doctor explained that, before formula became the rage, when midwives would birth a baby, they would immediately cut the thin membrane under the tongue, but that now that's never done. Not only problems breastfeeding, but many of these children will grow up with speech problems.”*

From what I understand, if you're really struggling with latching, and suspect a tongue- or lip-tie issue, it's really important that you have a Professional assess your baby.

#### **4. Nurses or Doctors Unsupportive of Breastfeeding**

I'm not sure if this happens in all countries, but I can't tell you how many times Moms here (in South Africa) have told me that they gave up on breastfeeding because they thought it would come naturally, but it was just too hard, and they felt alone.

No-one was there to help, teach, encourage and support them.

Worse still, are the stories I've heard where medical staff have given unhelpful advice (e.g. only feed every 4 hours or supplement with formula from the start). And when the Mom's breasts become engorged, or her milk dries up, they simply recommend she just try formula instead. (See point 7).

#### **5. Baby born prematurely, having to express milk at first**

It's not easy to breastfeed if you have twins, or triplets, or if your baby is born prematurely, but it is possible. Other Moms have done it.

Don't miss [Melinda's powerful story of Breastfeeding her Premie Twins in NICU.](#)

Heartrending when you're not being able to hold your little one(s) and then having to pump milk for them, especially when you've never pumped milk or nursed a child in your life before.

You might find it easier to express milk if you are able to be close to them or see them.

If you aren't allowed to sit near the incubator, it would help to have a photograph, video or even audio recording of your baby crying. Your body is more likely to respond to these natural cues.

Just remember that the first few days, you will still be producing colostrum so the quantities you express will be tiny.

Don't give up - colostrum is like liquid gold for babies, teeming with antibodies.

Colostrum may be vital for your baby's survival. Knowing this can help you persevere with pumping... and if you do this, in a few days or weeks you will get to hold your little one(s) in your arms and nurse them for real.

## **6. Complications after Birth, having to supplement with formula**

If, for some reason, you are not well enough to nurse in the first couple of days in your baby's life, there is still a chance that you will be able to take it up as soon as you are better.

## **7. Scheduling feeds**

In my mind, scheduling feeds 3 to 4 hours apart, is the number one reason Moms give up on breastfeeding too early – usually because milk supply dwindles and dries up but it can also cause painful problems like engorgement and Mastitis.

[There's Scientific Proof of this too.](#)

In the first two or three days, while your baby adjusts to the world and you're producing colostrum, feeds will probably be frequent but short as baby only needs small amounts of this life-giving fluid at a time.

Once your milk comes in, it's important to keep your baby as closely as possible (babywearing is a great idea), so that you can watch their cues.

Whenever they become restless, start rooting or crying, (crying is usually a late cue), offer them a feed.

This is what's called feeding on demand, and it's especially important in the first 6 weeks of life, as that's when you are setting up your milk supply.

**The more you nurse, the more milk you will produce.**

**Insufficient milk supply is often due to spacing feeds too far apart.**

It appears the idea of feeding a baby every 3 or 4 hours came from formula feeding, as formula takes longer to digest than breast milk.

Breast milk takes about 90 minutes to digest, so you can expect your baby to be feeding every 90 minutes.

Sometimes, depending on their growing needs, they need to feed even sooner. Sometimes it will feel like all they do is feed.

Be as patient as you can and keep offering the breast every time it seems your baby needs a feed.

Make sure that you take care of yourself during this time. It's essential that you keep your strength and energy levels up. Don't go hungry or thirsty.

If you're missing sleep at night, try catch some naps with your baby during the day.

Make your focus baby and breastfeeding. Everything else can wait. Unless, of course, you have other hungry mouths to feed and other children who need your attention. (More on that in Chapter 5.)

This is your time to bond and set up your milk supply for the months to come.

Quick Recap:

**There are 4 Points to keep in mind during your first few days:**

- Get professional help with latching & positioning as soon as you can
- Express if needs be and do your best to avoid supplementing with formula
- Keep your baby as close as you can, and skin to skin as often as possible
- Feed on demand, not on a schedule



*Thank You for reading the first 3 chapters of **Don't Give Up On Your Worst Day**.*

*If you enjoyed what you've read so far, and would like to read more, please leave a comment on [happyhumanpacifier.com](http://happyhumanpacifier.com).*

*If there's any way I can improve your reading experience, feel free to let me know.*

*Happy Nursing and please, please don't give up on your worst day.*

*All the best, Lauren*