

*“When you hold a child to your breast to nurse, the curve of the little head echoes exactly the curve of the breast it suckles, as though this new person truly mirrors the flesh from which it sprang.”*

*— Diana Gabaldon*

*I had always known I wanted babies. When I met My Husband that is the first thing I told Him about Me. Thankfully God had that in His favor as well. When We found out I was pregnant with My 1st son We were delighted. Sam always Knew He wanted a lil boy first, So He can keep an eye on any lil sisters that should come along.. I grew up around Breast feeding. My Mama nursed My two sisters and I. And I had a next door neighbor who Nursed all 3 of Her babies. I always assumed it was expected. As My belly began to grow and I could feel Him moving inside Me, Sam and I had the talk. Should I breast feed or Not? Sam was all for It but He was ok with whatever I decided. At My 20wk appt when We found out It was a boy, I let Sam know of My choice. I guess it really wasn't a choice it was more of outwardly expressing How I felt about it. As My due date came closer and the more books in read I began to second guess Myself. "Am I capable of doing this?" And What If I really don't want to?" Nope! My instincts were telling Me to just go with it. On July 13 2010.. My Heart and Soul was born. All 7lbs 5.8oz of Him. Eli was perfect! They cleaned Him off and handed them to Me. So many thoughts and emotions running thru My Head.. Then It happened, the moment He was at My chest He began to root. He began to search, He could smell Me. At that 1st latch I was blessed enough to have My Mom there to help Me.. Its not what I thought it'd be like... It Hurt.. it Hurt bad! There were times I didn't want to latch Him i wanted to just say No way, But He had to eat, He needed Me. I was finally released from the Hospital and sent Home. I thought I was ok to leave, but as a 1st time*

Mom Your crazy worried about everything.. I didn't know about cluster feedings So that 1st growth spurt threw Me. I thought I wasn't making enough Which scared Me then I turned to Maybe giving Him formula. I was so scared to... but then I did research and then knew why He was feeding so much. As the weeks went by and check up after check up, pound after glorious pound Breastfeeding became easy... and so enjoyable.. I set my goal of nursing My son until 1year, We made it 18mo! My experience with My Son Eli set the bar of what to expect with My daughter Nora.

Nora I was excited to nurse. I was experienced Now.. went into labor with so much confidence.. after Nora was born its like forgot that she was New.. I may know what I was doing but She didn't. That threw Me for a loop. And I forgot once again how painful it was :) Blocked ducts and sore nipples, not to mention the uterine cramping... Ah but once she Got it was like bliss. Such a simple thing to make a lil one so happy, quiet and content. With Eli I was very careful with the way I did things... almost neurotic. Never nursed in public, didn't cosleep.. Now with Nora I'm easy going and carefree. I now know the real reason I'm here. God gave Me these Babes to nurture and to care for, breastfeeding is the best way to do that. Its Definitely Not easy.. but what in life that's so worth while is? As long as You have great support and plenty of resources You can breastfeed for as long As You and Babe wants. Support and education are the key. My goal with Nora will Be a year... But if she goes longer.. then so be it. Do what's right for You and Your baby. If You choose to breast feed 1 day or 1 month or 1year.. You did amazing!

~ Candice