

FINANCIALLY

Quick Three-Step Guide

PREPARED

My Personal Story

FOR

By Dominique

BREASTFEEDING

Foreword

So many womyn tell me they wish they could be home with their children.

While breastfeeding requires mother and child to literally attach – it's essential to have a means of income while you care for yourself and your child during that time.

No I'm not talking about vacation time, short-term disability, or your spouse's salary. I am talking about strategically positioning and generating your own streams of income.

After reading my story, I hope it gives you the encouragement, strength and know-how to do just that.

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Breastfeeding is more
than an act.

IT'S A LIFESTYLE.

WHY FINANCIALLY PREPARE FOR BREASTFEEDING?

The milk is free and comes straight from our bodies.

Well breastfeeding is more than an act.

It's a lifestyle.

The demand of breastfeeding is an all-consuming overtime job in itself. It requires nutritious food which may require cooking and cleaning along with adequate sleep, a well hydrated body, while physically taking care of your child's every need.

It's no easy task especially if this is your first child and you are learning as you go.

I reluctantly returned to work after my maternity leave of 3 months was up.

I say reluctantly, because I felt our daughter was still a newborn and we both largely depended on each other.

Yet in still, after returning to my 40 hour a week job, I found my once ample supply of milk drastically dwindled.

Why?

Here are some of my assumptions. I was exhausted from my new lifestyle and sometimes fatigue has it's way of showing up in the body even when we are able to function in it.

Nope I didn't complain, I honestly think I adjusted quite well. I also had no intentions of leaving my employer. I felt it was a mountain I had to climb, a part of my journey that I needed to take on to provide for our family.

While I pumped at the office, the machine was no match to the smell, sounds and cuddles from our child.

More importantly a pump sucks while a baby suckles, so the mere technique of how they extract milk means the

pump wasn't as efficient as our daughter actually attaching to me.

Our parents were concerned that the supply that I was pumping at work wasn't enough.

I would often drop her off with about 10 ounces of milk and that was supposed to last her the full 10 hours we were apart.

Some moms would suggest pumping months leading up to returning to work, so that I would have an ample supply in the freezer. I have two opinions on this.

One - our milk's nutrition adjusts to our baby as they grow. Which means, two - fresh milk is always better than frozen.

Another common suggestion is baby visits, which means to actually bring the baby to the mother while she is at work. I honestly did not want my child near my work place.

At 4 months, I think she still nursed quite frequently. And our child wasn't

on a feeding schedule, so this would disrupt our whole breastfeeding culture.

Breastmilk is also the best medicine for colds, fevers, ear infections, teething – basically all the growing pains.

Similar to a prescription drug, breastmilk requires multiple doses throughout the day, as well as some feedings at night when symptoms tend to be the worst. It requires mom to nurse on demand, as baby needs it - which is impossible if mom and child are separated.

All that to say - I felt conflicted when our daughter was sick and I needed the day off to attend to her.

I felt so much pressure having to choose between my job and our child.

So what's the solution to this multi-dimensional problem?

Financially prepare for breastfeeding, so that we do not need to separate from our children during their

foundational months or years.

And here's how...