

How Mothers Feel And Heal When Breastfeeding Does Not Go As Hoped

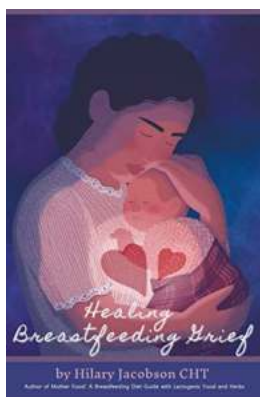


Breastfeeding is often portrayed as a beautiful and natural experience for both the mother and the baby. However, the reality is that not every mother experiences the expected joy and ease when it comes to breastfeeding. When faced with challenges such as low milk supply, latching issues, or painful nursing sessions, many mothers find themselves feeling frustrated, overwhelmed, and even guilty.

The Emotional Rollercoaster

For mothers who had envisioned a smooth and blissful breastfeeding journey, encountering difficulties can be emotionally draining. It can lead to feelings of

inadequacy as they question their ability to nourish their child. These negative emotions can further impact their overall well-being and bond with their baby.



Healing Breastfeeding Grief: How mothers feel and heal when breastfeeding does not go as

hoped by Hilary Jacobson (Kindle Edition)

★★★★☆ 4.3 out of 5

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Word Wise : Enabled

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Mothers may feel a sense of loss when their breastfeeding expectations are shattered. They often experience grief and disappointment, mourning the idealized vision of breastfeeding they had hoped for. It's essential for mothers to acknowledge and process these emotions, as suppressing them can hinder their healing process.

Seeking Support

When breastfeeding doesn't go as planned, seeking support becomes crucial. Contacting a lactation consultant or a breastfeeding support group can provide valuable guidance and reassurance. These professionals can offer strategies to overcome specific breastfeeding challenges, easing mothers' anxieties and boosting their confidence.

Connecting with other mothers who have experienced similar difficulties can also be a source of comfort. Sharing stories, advice, and encouragement can help mothers understand that they are not alone in their struggles, offering a sense of solidarity and fostering emotional healing.

Self-Care for Healing

Alongside seeking external support, prioritizing self-care is vital for mothers healing from breastfeeding setbacks. Taking time for themselves and engaging in activities that bring joy and relaxation can help alleviate stress and promote emotional well-being.

Adopting a healthy lifestyle, including nutritious meals and regular exercise, can also contribute to a mother's overall well-being. Adequate rest and hydration are crucial, as they aid in optimum milk production and hormonal balance.

It's important for mothers to understand that their value as a parent is not solely determined by their ability to breastfeed. Choosing alternative feeding methods like formula or exclusive pumping does not make them any less loving or invested in their child's well-being.

Addressing Guilt and Finding Acceptance

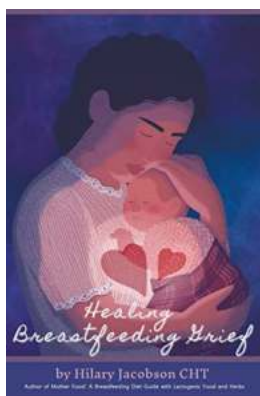
Guilt is a common emotion experienced by mothers who face difficulties with breastfeeding. They may blame themselves for their perceived failure, feeling guilty for not being able to provide their baby with the "perfect" start.

It's crucial for mothers to recognize that their worth as a parent extends far beyond their breastfeeding capabilities. Accepting that they have done their best under challenging circumstances is an important step towards healing. The well-

being of both mother and baby depends on a loving and nurturing environment, regardless of the feeding method.

When breastfeeding does not go as hoped, it is essential for mothers to acknowledge their emotions, seek support, practice self-care, and release any self-imposed guilt. Breastfeeding challenges can be overcome, and alternative feeding methods can still create a strong bond between mother and baby.

Remember, motherhood is a unique journey for each woman, and finding the right path for both the mother and the baby is what truly matters.



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When breastfeeding hopes are disappointed, mothers often struggle with feelings of loss, sadness, anger, grief and shame. We tend to think we are the only ones feeling this way. But these feelings are not at all unusual, and are a known risk factor for postpartum depression. Hilary Jacobson, writer, researcher, holistic breastfeeding consultant and hypnotherapist, shares from her own and the experience of hundreds of mothers as to what it can mean to experience these

devastating emotions. "I want to help mothers heal," Jacobson says. "Each year, thousands of women enter motherhood carrying a deep wound. My intention for this book is that they heal and feel whole, and step fully and vibrantly into their life as a mother -- no matter how they feed their baby." Applying techniques of mindfulness and neuroplasticity, Jacobson shows a way out of the feelings of heartbreak and failure that overcome mothers. In Part Three, Jacobson bridges the gap between mothers and the professionals who have dedicated their lives to support families, and interviews seventeen mother-baby professionals and practitioners who share from their personal and professional experiences with breastfeeding grief. Finally, two mothers share the details of their personal stories and the different paths they took to feeling whole again. Learn more at healingbreastfeedinggrief.com

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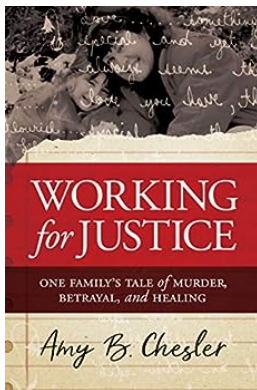
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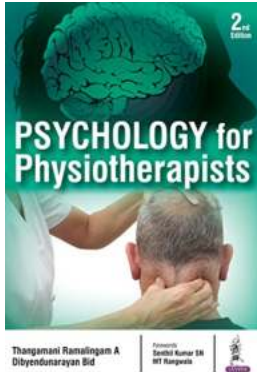
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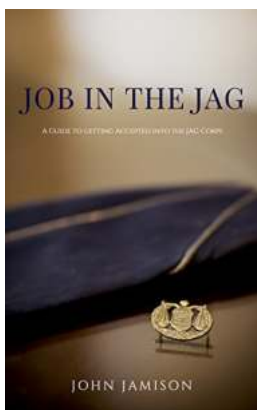
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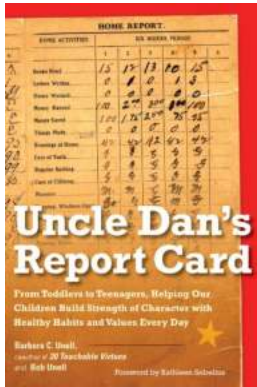
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