

Most women stop breastfeeding once they start work.
But some do persevere and continue to breastfeed despite the odds.

**Best
Letter**

NEVER GIVE UP

I was determined to breastfeed my boy the moment he was out.

Post-delivery, I remembered trying to latch him on several times, but the milk just wouldn't start flowing. Uniquetius was wailing away non-stop in response to his hunger. I had to reluctantly agree on supplementing with formula.

Confinement was terrible. I had to deal with near depression, emotional self, unsupportive confinement nanny and an irritable, hungry baby. Second week into my confinement, my father-in-law sadly passed away. Leaving my boy in the care of the confinement nanny while I travelled between home and funeral parlour wasn't doing my milk supply any good too. Not many people supported my decision to breastfeed, which added on to my stress level.

The first day back at work, I sought permission from my employer to set aside some time during work to express milk. She agreed without any hesitation. Expressing milk in an office with no proper facility was a very tedious affair. The occasional jokes or remarks passed by colleagues didn't help either.

Giving the best to my son and sharing the bonding moment while breastfeeding, is really worth the while. I know that my 10 month old loves me as much as I love him.

As for now, my target is to nurse Uniquetius till he is about 18 to 24 months before weaning him off.

- Jennifer Toh



IGNORE THE FUSS

Back at work and still breastfeeding after 14 months is tough. My everyday gear now includes the pump, bottles, wipes and the icebox; and my best friend at the office is the fridge!

Three months back, I had to go to Australia for a school trip. In my desire to continue expressing breast milk while away, I wrote to the Airline, airport customs and researched on the Internet. It worked! Of course there were many awkward moments when I have to explain what I was carrying but I got used to all the fuss.

I have mastered the art of disappearing during meetings, meals and conversations without alarming anyone. Sitting in the "Expresso Cubicle" is a 3-hourly ritual. Thanks to the breast pump; it's a godsend. I keep telling people around me, breast milk is while stocks last, so it can end anytime; but with each pump I do, it has been renewing itself. I don't know when I will stop breastfeeding; I guess I will take the cue from my body and my baby.

Breastfeeding at work is a personal choice; do not let others influence you.

- Patricia Sim

Coming up next...

In October issue
SEX AFTER BABY

Is there even such a thing?
(Send in by 30 Aug)

In November
TURNING VEGETARIAN

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