

# NHS Highland Infant Feeding and Peer Support Service

Karen Mackay, Louise Benson, Ruth Edmonds

For further information contact Karen Mackay, Infant Feeding Advisor ☎ 01463 704842 or ✉ karen.mackay3@nhs.net



"When our daughter was born I was 18 and my fiance was 19 so we were very young and new to everything. He's encouraged me and supported me since day 1. Very, very lucky to have him."

"We had to use formula for the first few weeks of my son's life and after four weeks he has been exclusively breastfed - it was like a switch going on he was contented and spending time with him was a more calmer experience. I loved not getting up in the night to make up bottles and saving money as formula is expensive."

"My husband had supported my breastfeeding journey, especially in the early days when I lacked confidence. He always believed I could manage..... and I did."

"I don't feel left out. I have done bottle feeding and it is not that that gives me the bond - it is the time that I spend with him. A daddy and mummy bond are very different and you just can't begin to make them better based on feeding."

"When my baby had diarrhoea at 9 months and refused to eat and drink I was so thankful she was still breastfeeding as that is all that she would take until she felt better."

