

Breastfeeding Support | Kaiser Permanente

[MUSIC]

You were one of the lucky ones, Patrice, in that you got pregnant on your honeymoon you were telling me...

I did.

...and had a very easy pregnancy.

Very easy.

No morning sickness?

Nope, I didn't even realize I was pregnant until I was further along than I'm even gonna admit.

[laughter]

Did you have any trouble starting to breastfeed?

I had a horrible time breastfeeding.

Tell me about that.

It was really challenging.

Yeah?

Well, you know, you see all these images of these moms just like, you know, holding these babies to their breasts and then they suckle and it's this amazing, magical experience.

Instantaneous.

And it was so not like that. I had four bouts of mastitis and I remember just like crying and...

What's the matter with me?

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Exactly and I almost pursued breastfeeding my child to a detriment because I was so determined to do it. The biggest thing I did I think properly was I sought out help. So as soon as I realized there was a problem I had a lactation consultant come in and I'd say about four months in is when it clicked. Someone told me "It's okay if you give your baby a little formula in the beginning."

Right, that you're not a bad mom.

That I'm not a bad mom but I felt like I just didn't have those voices around me. Those first few months could have been a little bit easier and if I was a little bit easier on myself.

So how did you work through all those incidents that you had with the infection?

My husband was amazing and so we really relied on each other and that's how I got through it and my family. My mom stayed for a while and then our friends, you know, New York is great in that I think you form nice communities.

And I think it's important to rely on those communities, you know, to lean on them at times like this; that's where your friends are there for.

Definitely.

[End of recording]