

The Stages Of Breastfeeding (And Solutions To Their Challenges)



Whether mums realise it or not, there are stages of breastfeeding which all of us will face before we have our babies, and after they are born. New mums may be surprised and experienced mums can surely relate to our list of the many different stages a breastfeeding mum will go through.

Stage 1: To Breastfeed Or Not To Breastfeed?

At this point, most mums have heard the mantra that “Breast Is Best” and are determined to breastfeed. After all, it only involves lifting up your **T-shirt** and waiting a few minutes for your bub to finish eating, right?

Solution: There is no solution to this except experience. Every mum’s experience will differ from one baby to the next (some babies really do only take five minutes to feed – but don’t count on it)



Stage 2: Breastfeeding Is Not As Natural As You Thought

After your baby is born, you may (though not assuredly) experience some difficulties with the feeding process. Your baby may not latch properly, or your breasts and nipples may hurt, or there may be a combination of issues involved.

Solution: If you are experiencing problems at the hospital or at home, take advantage of the knowledge of a nurse, lactation consultant, or your midwife. If you are at home, the [Australian Breastfeeding Association](#) is a fantastic resource and can be reached for assistance twenty-four hours a day.

Stage 3: Breastfeeding Takes Way Longer Than You Thought

Some babies like to “hang out” or even sleep at the breast, leaving a mum sitting on the couch for hours at a time.

Solution: Come armed to each feeding session. This means having the television remote within reaching distance, your phone in hand, and a snack and a glass of water on a side table.

Stage 4: Realising How Much Money You’ve Saved

After you attend just a couple of “mummy and me” meetings outside of the home, you will quickly realise the hundreds of dollars you have saved breastfeeding your child.

Solution: There is none. Save whatever you can and put it towards your baby’s future – or a new [post-bub wardrobe](#).

Stage 5: Nothing Fits Right And You Have Nothing To Wear



Breastfeeding sheds up to 500 calories a day, which is why many breastfeeding mums claim to shed the “baby weight” faster than bottle feeding mums. With clever planning, you can buy an outfit before you have even had your baby which will continue to fit for months (if not years) afterwards.

Solution: Check out what we have at Peachymama.com.au. Our stylish on trend fashions are perfect for new mums as they allow easy access to the breast, but our attire cleverly crafted so that as your body changes, our clothing will change with you – while also showcasing your best assets.