

## **Mama Called the Doctor and the Doctor Said ....**

At my baby's 1<sup>st</sup> checkup I was frightened by the news  
Failure to thrive was a term I didn't expect them to use

The first thing the doctor asked was about our nursing stats  
She was not happy to hear that we were having so much trouble with the latch

The doctor was also surprised to hear that my daughter was such a marathon nurser  
Too much time at the breast she said, and suggested I start supplementing her

I left the office with a heavy heart and a sample of formula in arms  
What was wrong with my milk? This was the onset of my alarm

Fast forward a few months and my baby is a happy little nursling  
Now I walk proudly into the doctor's office with a chubby baby riding in her sling

At four months I'm told that I can start her on solid food at this stage  
But this is conflicting to me as all the literature I have read recommends waiting until six months of age

At our next visit the doctor asks how things are going at home  
Sleep issues arise and I'm told my daughter should be sleeping alone

I'm informed that she should not be in my bed because she may die  
And that it is ok for her to learn to soothe herself and to expect her to cry

At this point I now question if doctor always knows best  
But when my daughter gets sick I'm really put to the test

After a couple of days of the stomach flu I placed a frantic after hours call  
I was advised to offer an electrolyte solution and for 48 hours to not nurse at all

Now I don't have a PHD, but my insides were screaming that this wasn't right  
And so my La Leche League leader was my second call of the night

Needless to say I continued to nurse my baby and sure enough the vomiting started to  
subside

Breastmilk was her medicine and nursing was the best comfort I could provide

The morale of this tale is not to discredit doctor's, they certainly have an important role  
in society

But I have learned there are second opinions and to make my maternal instincts a  
priority

