

My Reasons

After hours of labor a warm little baby is laid on my chest
Head bobbing around in search of her food, a moment of pure tenderness

My Reward

Full and heavy breasts, my milk has officially come in
Colostrum has worked its miracles and now the full feedings can begin

My Relief

Lounging in bed skin to skin with my sweet baby girl
Snuggling and nursing the day away, feeling so content with my world

My Vacation

Attending my first Lactation Tea and La Leche League meetings, leaving
feeling so confident and strong
Surrounded by like minded women, great advice, and a place for us to belong

My Empowerment

Ignoring the "advice" I don't want, deciphering nonsense from fact
Following my heart and never looking back

My Knowledge

A sleepy head nestled at my breast
A chubby hand that I hold and caress

My Absolute Job

Watching my tiny baby plump up with only my milk to help her along
A half of a year has passed and she is so healthy and strong

My Achievement

Middle of the night and nursing my tired baby back to sleep
Not having to get out of bed and a baby who rarely makes a peep

My Secret Weapon

A little girl who is literally attached at my hip, we do everything together
So much more than mother and daughter ... already best of friends forever

Our Bond