



Penny and Ruby

I was 17 when I became pregnant. All the marketing had me believe that formula was the only way to feed your baby until my mum encouraged me to breastfeed. Mum hadn't breastfed any of us but with her support I decided to give it a go. Breastfeeding has been easier than I thought, though I have had my challenges but it is all part of it.

Breastfeeding is convenient, free and there is no fuss with bottles but what I love most about it is the bonding and closeness I have with Ruby. *I am the only one who can give her this, it is 'our' thing.* It was hard to return to school but I want a good future for Ruby and MYPLC has allowed us to breastfeed whenever we need.

Some have the perception that teen mums are not capable and people expect me not to breastfeed. Many young mums think it is 'uncool' but I am proud of it and would love to see it as the norm among my peers.

Breastfeeding
for **GOODNESS** sake



Southern District
Health Board