

Breastfeeding Buddies



We are experienced breastfeeding mothers living in Sligo, Leitrim and the surrounding areas who are available to give you social and emotional support & encouragement if you are planning to breastfeed, if you are new to breastfeeding or finding it challenging. This support is offered by phone, text, or video call. We are not healthcare professionals, nor lactation consultants, but we are volunteer mothers with a great interest in breastfeeding, providing mum to mum support.

The breastfeeding buddies are all mums themselves who look after their own babies/ children and may also be working outside the home. Please text the Breastfeeding Buddy to arrange a time that suits both of you to talk.

To help you choose a Buddy who would be best suited to your needs, a short biography of each of the mums has been included below, along with details of how to contact them.

SLIGO

Helen
086 8183270

My name is Helen and I am a mum to two children aged 3 and 6 years. I breastfeed both of them for over a year and really appreciated the support of other mums in my feeding journey. Both of my children had tongue ties so that added an extra challenge in our journey. Feel free to contact me.

Ruby
086 4062164

My name is Ruby. I am a Mum of 3. A 5 year-old, a 3 year old and a 6 month old. I have breastfed both my boys until they were 2 years of age. I faced many challenges and struggled in the beginning and had to look to other Mums for help and support. If I can help you in any way, please don't hesitate to contact me.

Jenny
085 1049385

My name is Jenny. I have two children, age 7 & 2. Both were natural births. With my eldest I encountered a number of issues with breastfeeding in the beginning (mastitis several times), eventually leading to exclusively pumping & bottle feeding until 18 months. With my youngest the journey began with pavid harness & low weight gain, and with support our Breastfeeding journey continues to this day.

Fiona
085 8191448

I'm Fiona and I'm a mum of three, 2 of which were homebirths. I put a lot of my positive experience of breastfeeding down to the fact that I had a breastfeeding buddy when I started on this journey whilst pregnant with my first. The confidence and support they gave me helped me establish and gain my confidence and encouraged me to establish my supply. I wanted at first to feed until my first was 3 months old - that was my goal and it was such an enriching experience I ended up going until the oldest was 2.5, the next was 3 and my youngest is still feeding. No one in my immediate family or friend group was breastfeeding at the time and it was a big adjustment but one of the greatest joys of my life. I would love to be able to pass this gift of support and encouragement onto a new mum.

LEITRIM

Adrienne
087 7621992

Adrienne is a solo mum to a 3 year old. She had to supplement in the 1st week due to low supply, but went on to exclusively breastfeed. She fed until he was 2.5 years old and pumped when she returned to work when he was 11 months old.

Carmen
087 6733367

Hi I'm Carmen. I'm from Spain living in Ireland for the last 22 years. Mother of three, 16 years old, 13 years old and 27 months old. I breastfed my two older ones for 6 months and I'm still nursing my "baby". Never thought I would last so long but with the help and the encouragement of family, friends and the Carrick breastfeeding support group I overcome many tough and difficult days and nights in this wonderful journey. I would love to help you and support you too because it's worth it.

Celine
086 1279580

My name is Celine and I am Mum to three girls 6, 4 and 1. I fed my first girl until they were 1.5 years and my second until 14 months. I am Currently feeding my 15month old. When I started my breastfeeding journey, I really didn't have anyone closebywith advice onlymy public health nurse. I felt I didn't have much support from friends or family to encourage my journey and at times it did feel lonely. Thankfully second time around it was better and even more so in my 3rd. This is why I would love to be there for any other mother who may feel lonely or just need a little encouragement or advice.

Ethna
087 6527969

I am a mother of three children. I experienced lots of issues feeding my first daughter and found supports difficult to find and access. After a tongue tie release, things improved but were never fully corrected. I fed her until she was 12 months. I had a very different experience with my 2nd and 3rd babies. Was lucky to find a knowledgeable and supportive G.P and then a support group. Had wonderful experiences feeding my son to 14 months and my daughter until she self-weaned at 19 months. I have first hand experience of how support can positively and completely change breastfeeding outcomes.

LEITRIM

Luciana
085 1201796

My name is Luciana, I'm 39 years old and Max and I have started our breastfeeding journey 2 and a half years ago. Max had a tongue tie which made our journey a bit difficult at the beginning. For the first two months I mostly pumped until his tongue tie was corrected. I found a lot of support in my sister in law, and with other moms that, even though they did not know me, they were there for me like family. That is why I would love to be there for other mums too. I'm from Argentina, and in my country, breastfeeding is the normal obvious thing to do. Hopefully, it will be the same here too with time.

Michelle
087 6903995

Michelle has two children, aged 6 and 3. She breastfed both and is still feeding her youngest. She has encountered many breastfeeding difficulties along the way such as tongue-tie and feeding children with multiple food allergies including CMPA. She also has experience in continuing to feed during pregnancy and when returning to work. She was able to breastfeed through these challenges by getting the right support and information at the time.

LEITRIM

Sarah
087 3532692

I have two daughters, a 3 year old and an 18 month old. Both are still nursing, which is wonderful but exhausting! I never thought I'd breastfeed for this long, but somewhere along my journey I made the promise to my eldest that I'd let her decide when she was done, and the more I've learnt about breastfeeding the more committed to that promise I've become. I suffered terribly from nursing aversion when I was pregnant with my second and it's something I still struggle with occasionally, but luckily since the pregnancy hormones have subsided and through some self care and great support I've been able to overcome it.

Theresa
086 7372505

My name is Theresa, I am mom to two boys, Thomas is 3 and Charlie is 11 months, both breastfed. Breastfeeding was tough for me at first as it was quite painful where the latch wasn't right but with the support of my sister, public health nurse and my local breastfeeding support group I was able to keep feeding and it has become a really lovely experience that I will be sad to see end. I have personal experience with painful feeding, thrush, mastitis, and failure to gain weight in the beginning. Feel free to contact me, I'll be more than happy to help if I can.

NORTH ROSCOMMON

Heather
085 8771595

Heather has been breastfeeding her 2.5 year old son on demand since birth, despite some early challenges requiring support on latch techniques and positioning, and is a proponent of natural term breastfeeding. She pumped regularly for the first year to enable bottle feeding when needed. Heather is now pregnant and planning to tandem feed.

Rebecca
085 1448458

I am a mother of three, two boys aged 9 and 6, and a two year old girl. I have breastfed all exclusively until they were at least two and they self weaned. Both of my boys needed tongue tie revisions, and on my first boy I found breastfeeding especially challenging at the start. Having the tongue tie addressed really helped our breastfeeding journey. I am still continuing to feed my little girl. Please feel free to contact me for support or a listening ear.

