

Dear new Mumma,

Congratulations!

I'm sure that, while you were pregnant, you already recieved your fair share of unsolicited advice, from all manner of well-meaning folk. So I'll keep this brief.

In case you are having any trouble with breastfeeding, I just wanted to pass on a hot little tip: Nipple shields!

They are truly little plastic teats from heaven.

Particularly if you have my situation - which was the dual issue of a baby with sucking problems, a small mouth and trouble latching; as well as being gifted with 'flat nipples' (who knew that was a thing?!) )

For about \$15 at the chemist, you will get a pack of two. Store them in a small plastic container in your nappy bag. And keep plenty of muslin wraps and cloths handy (the milk builds up in the teat, and your little one's squirming can send the teat flying - so it can get a bit wet and messy.)

Trust me, when you feel like your little darling is taking to your boobs with sandpaper, you will not look back.

Good luck!

Danielle.