I’ve always liked to think about breastfeeding in two ways.

First one, personal, related to my own experience and second more social.

I think I’m blessed to have breastfed my children for as long as we wanted. My older daughter for 50 months and going strong with my 16 months old boy.

There were a couple of factors that had impact on fulfilling my bf wishes. I gave birth to my babies in this country, which at least partially implemented protective law for breastfeeding couples. Moreover, all women in my family breastfed and made me ready in mind that breastfeeding is likely to mean some pain in the early days, although with knowledge it doesn't have to be. Also my husband and sister were a great support when I most needed it. Possibly this support was the most important part.

On the social level I hope for every child to be healthy and content. Mentally babies can achieve this by maternal closeness and physically from nutrition breast milk provides. This is what we can see, what we can’t see is cellular level where breastfeeding is a factor which causes the most beneficial genes to be expressed at the most defining time. By this mean, children can use their full genetic potential to accomplish future life ambitions.

This deep belief pushed me to take action and promote, protect and support breastfeeding.

A lot of supporters are using the comparison of bike riding and breastfeeding. You don’t know how to ride a bike unless you see someone using it and then practising. So often I feel like a caring tutor who shows how to ride, shows which path may be less bumpy, gives options for balancing wheels or a bar and most of all encourages and motivates.

I am grateful for volunteering with BfN, making a difference to individuals and the same to the future generation.