

Should I Continue Breastfeeding?

Decision Making in the Face of Challenges

Who can help me gain a realistic and objective perspective on the nature of this challenge? Is this a typical breastfeeding hurdle or an extenuating/unusual circumstance? What might the road to overcoming this challenge entail?

What supports do I have? Are there other supports I can seek out?

What is the impact on my relationship with my baby and my ability to be responsive, sensitive, and nurturing caretaker?

Now?

In ten days?

In ten years?

What is the impact on my other most important relationships?

Now?

In ten days?

In ten years?

What is the impact on my physical, mental, and emotional health?

Now?

In ten days?

In ten years?

What is the impact on my self esteem?

Now?

In ten days?

In ten years?

What are my biggest concerns about formula feeding?

What are my biggest concerns about continuing to breastfeed?

How can I remain healthy while working to successfully breastfeed?

How do the opinions of others influence me? Do they have wisdom to offer, or is their knowing more limited than mine?

Ultimately, what do I believe is the role of family and of mothering? How does that belief influence this decision?

List all of the purposes and benefits of breastfeeding. Which of these are true in your situation? How would these needs be met if you were formula feeding?

Is there an option other than "all or nothing" where I can continue to breastfeed part time?