

# Breastfeeding Support in Dublin

The insider guide to the world of a lactation consultant in private practice.

## Breastfeeding a Baby with Type 1 Diabetes.

*This was sent to me by Caoimhe who is mum to Lorcan who has type 1 diabetes . The support and information for parents and professionals about breastfeeding a baby who has diabetes is very poor as you will see in the piece below . Lorcan has just weaned in the last few weeks at the grand age of 2 years and 4 months. This is due to his wonderful mums determination to listen to her gut instinct . Breastfeeding is the norm for babies , mothers should not have to defend it.*



Lorcan : the day after he was diagnosed with Type 1 Diabetes.

Breastfeeding a baby or infant with type 1 diabetes is not an issue....or at least it shouldn't be. But in my experience, the issue is lack of knowledge about and experience of breastfeeding from hospital staff (consultants, doctors and dieticians). Lorcan was 13 months old and breastfed when he was diagnosed. There is a history of type 1 diabetes in my family so it was just bad luck on his part that he got it. Apparently people who get type 1 are born with a defective 6th chromosome (according to new genetics research that was published in Time magazine recently).

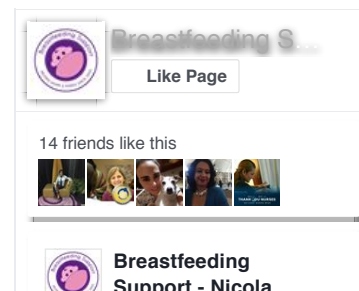
Initially the fact that Lorcan was breastfed wasn't an issue. The priority once he was admitted to the childrens hospital was to stabilise him. His blood sugar level was very high and he had ketones in his blood – meaning that because his pancreas wasn't producing insulin and converting the sugar to energy, his body had started to convert fat to energy. The ketone smell of his breath was what caused alarm bells to ring for me – as soon as I got it I just knew he had diabetes. We were in A and E for around 10 hours, with Lorcan hooked up to various drips and subjected to several examinations and tests. I lost count of the number of different hospital staff who saw him during that time but the one abiding memory I have is that every time someone new came into the room you'd hear "He's a breastfed baby!!" being shouted at them loud and clear. So it was obvious that breastfed babies are the exception rather than the rule.

We were eventually moved to a room and ended up staying in for 2 days, during which we had to learn how to give Lorcan insulin injections, check his blood sugar and ketones, how to manage his diet, and how to deal with hypos (low blood sugar). It was a huge learning curve for us and we were terrified when we got home, but we managed. We had to give Lorcan 2 injections a day, one before breakfast and one before dinner. And we had to ensure that Lorcan ate at set times – breakfast, mid morning snack, lunch, afternoon snack, dinner and supper. This was because the various insulins that he got in his injections would peak at certain times of the day, so he had to have food at those times to avoid having a hypo (blood sugar level dropping below 5). Not much was said by hospital staff about breastfeeding while Lorcan was on injections, we were just told it would be best to feed him at mealtimes rather than on demand. At every hospital appointment I would be asked if I was STILL breastfeeding him, and how many times I fed him during the night and stupid questions like how much did I think he was getting (it was consultants and doctors who asked, not the nurses who were always more supportive). At no point did anyone suggest that me continuing to breastfeed was a positive thing – at least I instinctively felt it was the best thing for him. I often came away

### My website - Breastfeeding support

- <http://www.breastfeedingsupport.ie>

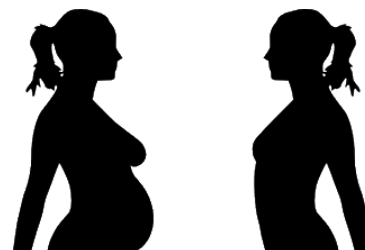
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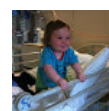
### Featured Post

#### Preparing For Breastfeeding ...Is it possible ?

Every so often I hear somebody say "there is no possible way to prepare for breastfeeding , you can only learn once you have a baby in..."



### Popular Posts



#### Breastfeeding a Baby with Type 1 Diabetes.

This was sent to me by Caoimhe who is mum to Lorcan who has type 1 diabetes . The support and

information for parents and professionals abo...



#### Every Breastfeed Counts !

I was talking about this yesterday at my breastfeeding class . Some mums say to me "I only breastfed for 3 weeks or 6

months&q...



#### Seminar Report - Tongue Tie and Breastfeeding

My goodness it was a lot of work organising a seminar. I should start by saying that when I planned it I really

didn't think I'd ha...

[Great new breastfeeding videos from New Zealand](#)

Came across this on another blog . There is

feeling like me continuing to breastfeed Lorcan was an inconvenience and that weaning him would be better for him. During one particular visit, a consultant asked me if I was still feeding Lorcan during the night and when I replied that I wasn't feeding him that much during the night she said something along the lines of "oh well that's good". I know I was probably being over sensitive, but the comment really undermined my confidence and caused me to doubt if breastfeeding Lorcan was really the best thing for him. So I phoned Sue Jameson IBCLC and had a chat and she gave me the moral support I needed and reassured me that my own instinct about breastfeeding Lorcan was right. Breastmilk is the most optimal food for an infant, it's easily digested and has all sorts of immunological benefits, so I decided I'd carry on. I did ring one of the nurses in the diabetes clinic though and tell her how I was feeling after the appointment with the consultant and the general lack of breastfeeding support.

Lorcan got an insulin pump in June. What this means is no more injections, not having to stick to a rigid mealtime schedule, greater freedom for Lorcan, a more normal life, better control of his blood sugar and overall better longterm health. With the pump we carb count. The pump gives him background insulin 24 hours a day, but when he eats, we calculate the amount of carbohydrate in the food and give him the correct amount of insulin via the pump to convert that carbohydrate to energy. This involves either weighing food or looks at the carb content on the packaging, or referring to our 'Carbs and Cals' book. Eg a small banana contains 15g of carbohydrate. Lorcan's insulin to carb ratio is 1:40, so for 15g of carbs he needs 0.35 units of insulin. It sounds complicated but it was just a matter of learning about the carbohydrate content of food and calculating how much insulin is required. The training that we did through the hospital was quite comprehensive. In addition to doing exercises and reading at home, I met with the dietician....and of course the subject of breastfeeding came up. She compared the carb content of breastmilk to formula (7g per 100ml breastmilk and around 9g per 100ml of formula), and asked me how I thought I would be able to calculate how many carbs Lorcan would be getting per breastfeed. I honestly didn't know what to say. How on earth would I know how many mls of milk Lorcan was getting per feed? I felt she knew absolutely nothing about breastfeeding other than the fact that breastmilk contains 7g of carbs per 100ml. I came away from that meeting again feeling that me breastfeeding Lorcan was an inconvenience for the staff, but also felt determined that I would find a way of managing breastfeeding and Lorcan being on a pump. And I did. I knew Lorcan was not getting huge amounts of milk per feed, possibly 20 - 30ml (2g carbs) and so the effect it would have on his blood sugar level would be negligible (to put that amount in perspective, Lorcan would normally consume 50 - 60g of carbs at dinner time). Anytime he had a really big feed I gave a tiny extra bolus of insulin through the pump. But on the whole, what my experience told me was that because of his age and the duration and frequency of feeds the effect on his blood sugar level was so small as to not require extra insulin.

I know it would be different for an exclusively breastfed baby on a pump, but it is doable! Just a matter of getting a feel for how much the baby has per feed and working out what the appropriate amount of insulin is for it. Feeding the baby formula probably is easier, and more 'scientific' as you can work out to the exact ml the amount of milk the baby has consumed. But I really feel that breastmilk is infinitely better for a baby with type 1 diabetes and that all effort should be made to support the mother in breastfeeding. However, the unfortunate reality seems to be that formula milk is still considered the normal way to feed a baby by most medical professionals in Ireland.



## 16 comments:



**Dipti said...**

hey very nice post, nice idea of breast feeding...tanks for sharing it

[breastfeeding baby](#)

April 23, 2013 at 8:07 AM



**Emma Watton said...**

My 10 month old has just been diagnosed with t1d and I am still breastfeeding her. Luckily I, our care team have been really supportive but seem to have never come across a breastfed baby with diabetes before! I have tried doing a bit of research but this is the only thing I have come across. I am so pleased you stuck with it and I am so pleased to know I can too!

April 24, 2014 at 9:21 PM



**Baby strollers said...**

What's a wonderful tips! Thank you alot for sharing this

September 24, 2015 at 4:47 PM

a series of 7 starting with antenatal prep for breastfeeding right up to breastfeeding in p...



**Joint Statement on the Upcoming Pregnancy and Baby Fairs**

We, Amanda Glynn IBCLC ( [www.lactation.ie](http://www.lactation.ie) ), Carol Smyth IBCLC ( [www.carolsmyth.co.uk](http://www.carolsmyth.co.uk) ) and Nicola O'Byrne IBCLC ( [www.breastfeedi...](http://www.breastfeedi...)



**Nicola O'Byrne**

Dublin, Ireland

I'm an international board certified lactation consultant working in private practice in Dublin since 2005.

Previously I worked in paediatrics and neonates as a nurse. I'm married with 5 children.

[View my complete profile](#)

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Jan (2)

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Posts

Comments



**Margarita said...**

your kid is so cute, thanks for sharing this, i must research more in internet :)

January 20, 2016 at 3:30 AM

**Rasal Khan said...**

Nice blog post...

April 13, 2016 at 12:02 PM

**marta larkin said...**

While there are regular breastfeeding issues, a few issues, similar to mastitis, are more genuine than others and need auspicious medicinal support. Be that as it may, they all can be overcome, and on the off chance that you manage them early, you may keep them from deteriorating. Minor normal bosom nourishing issues which are examined incorporate sore areolas, broke areolas and engorged bosoms.

April 13, 2016 at 12:32 PM

**marion lewis said...**

Recently, studies have shown breastfeeding can reduce a person's risk of developing high blood pressure, obesity, and cardiovascular disease. It is possible that colostrum, the protein-rich fluid breasts produce before milk comes in, may protect children from infection and inflammation that can trigger chronic conditions.

June 19, 2016 at 8:01 AM

**nursing jobs said...**

it's a very helpful article, In my opinion, every mom wanna-be should understand that being pregnant is a miracle, so they will take care their body with a great love and understanding.

August 10, 2016 at 4:07 AM

**hertsengland said...**

Hi I came across this post as I was looking up the relationship between cow's milk and type 1 diabetes in children. I understand that Lorcan was born with it, but there is a huge amount of evidence to suggest that cow's milk is the trigger for type 1. I am also shocked that non of the professionals in Lorcan's care seemed to know this. My goal is to make this information more widely know, so that all parents and especially those with Type 1 in their families are aware.

October 20, 2016 at 2:36 PM

**Jon said...**

Each year, 11,000 People Saw Their **Diabetes** Mysteriously REVERSED, But Even Their Doctors Couldn't Say Why

Until a rogue **diabetes** researcher solved this decades-old medical mystery...

Start using his natural, at-home treatment to reverse your **Diabetes** without medication.

For more info please click on the following link: [How To Heal Diabetes.](#)

Talk soon.

October 27, 2016 at 7:53 AM

**Anonymous said...**

Hello,

Our daughter, who is just over a year old, has just been diagnosed with T1D, and is also an avid BF'er. I'd love to connect with you and discuss your journey and any advice you may have for our journey with our babe.

Thank you,

Jillian & Michael

Jillianmay22@gmail.com

April 23, 2017 at 1:53 PM

**Jessical Alba said...**

As a sign of gratitude for how my husband was saved from diabetes , i decided to reach out to those still suffering from this.

My husband was diagnosed of diabetes and it was really tough and heartbreaking for me

because he was my all and the symptoms were terrible, he had difficulty eating, and he always complain of stomach pain and he always Urinat often . we tried various therapies prescribed by our neurologist but none could cure him. I searched for a cure and i saw a testimony by someone who was cured and so many other with similar body problem, and he left the contact of the doctor who had the cure to diabetes . I never imagine diabetes has a cure not until i contacted him and he assured me my husband will be fine. I got the herbal medication he recommended and my husband used it and in one months he was fully okay even up till this moment he is so full of life. diabetes has a cure and it is a herbal cure contact the doctor for more info on [drwilliams098765@gmail.com](mailto:drwilliams098765@gmail.com) on how to get the medication.  
Thanks for reading my testimony

June 30, 2017 at 11:14 PM



**Unknown said...**

[jattospiritualtemple@gmail.com](mailto:jattospiritualtemple@gmail.com)

God bless Dr. JATTO for his marvelous work in my life, I was diagnosed of DIABETES since 1992 and I was taking my medications, I wasn't satisfied, I needed to get the DIABETES out of my system, I searched about some possible cure for DIABETES then i saw a comment about Dr. JATTO, how he cured HERPES,HIV,STROKE,BRING\_EX\_LOVER\_BACK and CANCER with his herbal medicine, I contacted him and he guided me. I asked for solutions, he started the remedy for my health, he sent me the medicine through DHL COURIER SPEED POST. I took the medicine as prescribed by him (DR. JATTO) and 4 days later i was cured from DIABETES wish i have been suffering for since 1992.Dr. JATTO truly you are great may GOD continue to bless you and your family.  
Contact him through.

WEB\_PAGE= <https://web.facebook.com/obazespellhome/>

EMAIL= [jattospiritualtemple@gmail.com](mailto:jattospiritualtemple@gmail.com)

WHAT'S\_APP= +2349056539383.

CALLS= +2349056539383.

REGARDS.

July 27, 2017 at 10:10 AM



**Mr Pix said...**

Hi

Pharmaceutical companies have been trying to shut these doctors down simply for revealing the truth about diabetes.

Scientific studies have proven that type 2 diabetes can be reversed naturally - but this information has been hidden and suppressed for decades.

Diabetics can normalize blood sugar, and be taken off all medication and insulin injections completely naturally.

Doctors at the International Council for Truth in Medicine are revealing the truth about diabetes in a shocking new online presentation.

>> [Learn about their diabetes busting methods now.](#)

Take care,  
Alexandra

August 4, 2017 at 9:43 AM



**neme amber said...**

Hello, everyone! I,m here to explore blogs and forum about the wonderful and most safe cure for HERPES SIMPLEX VIRUS (HSV).

I was positive to the deadly virus called HERPES and i lost hope because i was out casted and rejected even by my closet friends.

i searched on-line to know and enquirer about cure for HERPES and i read someone testimony on how he was cured from HSV-2 so i decided to contact the same herbalist because i know that nature has the power to heal everything.

i contacted him to know how he can help me and he told me never to worry that he will hel me with the natural herbs from God!

after 2 days of contacting him, he told me that the cure has been ready and he sent it to me via DHL and it got to me after 3 days!

i used the med as he instructed me (MORNING and EVENING) and i was cured!

its really like a dream but i am so happy!

thats the reason i decided to also add more comment of Him so that more can be saved just like me!

and if you need his help, you can email him on [traditionalherbalhealingcentre@gmail.com](mailto:traditionalherbalhealingcentre@gmail.com) or WhatsApp +2348140033827

I,m neme amber and you can get intouch with me via [nemeamber@gmail.com](mailto:nemeamber@gmail.com)

October 2, 2017 at 12:47 AM



**Jana Jani said...**

The Diabetes is the Universal disease of the world. We need to prevent it by increasing its effect. So we need to read more about Diabetes to the following site

<https://fatordiabetes.wordpress.com>

If you have another information about Diabetes, please share.  
Thank you.

December 9, 2017 at 6:10 AM

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