

# Letter to Mama Bird



## MAMA BIRD NICU FAMILY SCHOLARSHIP

I thought going in to my second pregnancy that things would be easier – I had done this before! I had all the tips and tricks. Breastfeeding my first son had its own challenges, but we had made it through and nursed for over two years after months of exclusively pumping and working to get back to breast. A second baby would obviously benefit from our experience, right? Wrong. We were lucky enough to be blessed with a set of twin boys, which threw everything we had planned out the window. Due to complications, our sweet boys were born at just 33 weeks and spent 3 weeks in the NICU. I was lucky enough to spend every day there and most days got to nurse them, but for the most part, I was pumping every day, 8 times a day. When we got home, it became clear that getting these boys to happily nurse was going to be a challenge. So, off to the internet mom group I went! That's where someone suggested contacting Mama Bird Hendry. After our initial call, I felt immediately at ease. Madison's peaceful demeanor helped calm some of the anxiety I was feeling as a woman still in her "fourth trimester." She came and helped get our boys latched and more comfortable at the breast, which was so lovely and helpful.

A couple weeks later, Madison contacted me to offer me a wonderful gift – one of her NICU scholarships. As a fellow NICU mom, she realizes how much support is appreciated even after being discharged from NICU. During this secondary visit, she not only provided lactation support, but she listened. She listened to me discuss our time in the NICU. She allowed me to say things that not many people care to hear about. NICU can be a scary place and a lot of people, especially once the babies are home and the ordeal is "over" want to discuss. Very few people ask about a mother's experiences with NICU, but Madison made me feel heard and understood. What a relief it is to have someone to commiserate with. Between her listening to my NICU story, providing lactation support, and even changing some stinky diapers, I must say the support I received from Mama Bird Hendry was invaluable, and I would recommend her services to any new mother.

- Mama Bird NICU Family Scholarship Mother -

Madison Hendry  
Certified Breastfeeding Educator  
mamabirdhendry.com



Offering Classes, In-Home Visits,  
and Support throughout your  
Motherhood Journey.