

I Own All of This

Liz Holmes, ABM Breastfeeding Counsellor



I'm Liz, mommy (not American, from the Black Country) to Oscar who's now 5 and a half years old. I volunteer for all sorts of boob-related things. I also have a day job. And I sing. And run. I've got fur babies and an Autistic son. I care deeply about people. I cry at adverts. Oscar self-weaned peacefully and with beautiful simplicity aged 3 and a half, on February 16th after seeing a production of Duck in a Truck at

Harrow Arts Centre. Details perma-lodged in my brain.

Oscar was hard won. Over a year to conceive, four long days of posterior (back-to-back) labour and clinical mismanagement. On the afternoon of the fourth day, he was born, assisted with a ventouse, episiotomy, my feet-in-stirrups, and a total spinal block from the waist down. Bear with this context, it may help you