

# Breastfeeding Can Be Addictive

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Salma Hayek made news last week when she was quoted in an interview that she was like “an alcoholic” when it comes to nursing her daughter, Valentina Paloma. Should nursing moms and expectant moms who are considering breastfeeding think twice about nursing because of the potential for addiction? Um, no .. well, maybe.



Salma’s remark has been picked up by media around the world. One site online snarkily warns moms to hide their children, because Salma is on a rampage and may just snatch up said kids and nurse them so that she can get her breastfeeding “high.”

## ***Nothing New Under the Sun***

Let’s all calm down, shall we? Salma’s word choice was unfortunate, the implication being that she is constantly jonesing for nursing time. Tsk. The woman is just going through what a lot of us have gone through ourselves, even if we didn’t put it in the same words.

Here’s what she – and maybe you, too – may be going through, if you’re a nursing mom. If you’re expecting and plan to breastfeed, here’s a glimpse into some of the aspects of nursing that may lead to an “addiction.”

## **That Baby Bond**

Holding your child close, watching him grow, knowing that you are nourishing your baby's body and spirit combine to make nursing very compelling. And that infusion of oxytocin at letdown doesn't hurt, either.

## **From Novice to Expert**

Learning any new skill can be challenging, and breastfeeding has its own challenges. Salma says that she had trouble in the early days of nursing, saying that it was "really difficult." Sure, it can be difficult – it also can be very, very easy. Anytime you overcome obstacles or challenges to learn something, it naturally feels great when you're finally able to do it, especially something as wholesome as breastfeeding.

## **Post-Baby Body**

Shedding that baby weight is easy for some, not so easy for others. When she was on The Oprah Winfrey Show, Salma had this to say: "It takes you nine months to get it, and nine months to lose it. There are shortcuts, but it's not good for the baby. So I'm taking my time. I'm proud of what I've lost. And the rest is going to go when it's time to go." Now *that's* a healthy attitude! (Note that maintaining your milk supply really only requires 300 to 500 calories more than you ate at your prepregnancy weight. That translates to just two healthy snacks.)

## **My One, My Only?**

Having a baby in your 40s is different from having a baby in your 20s. Salma was 41 when she gave birth. She may or may not have another child, but that window of opportunity is open just a crack when you're 42, compared to when you're 22 or 32. Falling head over heels in love with your child isn't at all unusual, and it may be that Salma is experiencing this herself. Valentina is Salma's only child with one-time/sometime-fiancé François-Henri Pinault.

## ***Is Breastfeeding Addictive?***

So, is it? Sure, it can be. Those lovely, intimate moments when it's just you and your baby are so precious, it would be wonderful if they could go on. However, every age and every stage has its wonderful moments.

Nourishing your child by breastfeeding is a personal choice. It is an intimate choice. And it's a choice that only you get to make.

But be warned: breastfeeding *can* be addictive.

*Laurel Haring is a writer. She lives with her family in Wilmington, Delaware, and posts semi-regularly to her blog, Let Me Say This About That. Laurel spent nearly five years of her life nursing her two sons and vividly remembers her post-partum belief that breastfeeding would keep her preemie safe and healthy ... and it did.*

Photo from [www.thefrisky.com](http://www.thefrisky.com)

<http://www.typeamom.net/breastfeeding-can-be-addictive.html>