

# Male Wet Nurses Wanted Part 1

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Published on: **August 18, 2001**

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*"Breastfeed, suckle, suck, nurse, wet-nurse, lactate, give suck."* Wet nurse, a word in use since the 16th century, was probably never considered to be a word describing a man breast-feeding his adopted child.

"Not possible!" you say.

Well, creation would argue with you because a man with the help of some herbs and breast pumping can indeed nurse a child. The same protocols that allow a woman to breast feed her adoptive child will make a man able to breast feed as well. Lesbians who adopt a baby or use a surrogate can also breast-feed their children with the exact same protocols.

Breast nursing is an important part of bonding with a child. If they weren't adopted right at birth, than no doubt a wet nurse has been nursing them. It helps them to feel secure in the transition from birth mother to adoptive parent. It also helps build their sense of self worth. Continuing to breast feed when you adopt the child helps this process to continue.

Studies show that breast-fed babies are more secure and self-aware. They are healthier because they have received immunity antibodies from their parent's breast milk. The issue of bonding is a very important one. One way to get to know your baby on an intimate level is to breast-feed them. It is the easiest and best way to start bonding with your child. Why should gay fathers or babies of gay male families be denied this important process just because it is not socially acceptable?

So why haven't more men breast-fed their children? You must admit that no one ever sees a male breast-feeding a child. There could be several reasons for that. Male gays adopting a child are in the minority of family types. The squeaky wheel gets the oil so most lactation info and research etc, have been built to appeal to woman.

Breast-feeding may increase breast size. Men won't become a double "d" cup, but it is possible they could become a "b" cup." Developing breasts may not be something that is desirable to you, your partner or others.

Another reason is that your partner may not be completely on board. This is a family and all people play a role. While a lot of gay men appear to be willing to do anything for attention, some things may be too much! Remember everything you do reflect on your partner! You two need to take the time and effort to talk all of this through until you reach a mutual decision you both can live with.

You may not get a lot of support from your families. Mom never thought her little boy would be gay much less breast-feeding his own adopted child. If coming out was difficult. This could send them over the edge. It is best to discuss this with both sets of family. Make it as easy on them as you can. Give them plenty of time, patience and love

Society itself isn't prepared for a man to breast-feed. Peaceful public breast-feeding may be impossible. There are a lot of ugly people out there who love to gay bait. By breast-feeding you give them their target on a silver platter.

While milk-levels differ from person to person, it is important that you realize you may not be able to produce enough milk to sufficiently sustain your child on breast milk alone. Don't become upset or judgmental should that happen. There are actually special supplements that are delivered by a tube near to the nipple. They were invented for woman, but work equally as well for men. We will discuss more of this in Part 2

There may not be a lot of medical support for you. You will need a doctor to prescribe the meds and it helps to have one available for when you have problems. Allow the lactation specialist to suggest a doctor who will work with you and your particular needs. It will make it easier for you.

These issues need to be given serious consideration. They will help you make the decision if you want to go on further with your quest to breast feed your adoptive or by surrogate child.

As I mentioned earlier, there are herbs and medication that will assist you on the road to successful breast-feeding. There are three herbs that are effective at helping breast-feeding. Of these, fenugreek is considered the most effective. They are:

· *blessed thistle* [http://www.findarticles.com/cf\\_dls/g2603...](http://www.findarticles.com/cf_dls/g2603...)

· *Alfalfa* [http://www.findarticles.com/cf\\_dls/g2603...](http://www.findarticles.com/cf_dls/g2603...)

· *Fenugreek* <http://users.erols.com/cindyrm/fenuhugg...>

There is info on each herb at the link embedded in the words. There are also herbs that can slow down your milk supply and make it difficult to be a successful breastfeeding dad.

· *Herb Robert (Geranium robertianum)* · *Lemon Balm* · *Oregano* · *Large amounts of parsley (Petroselinum crispum)* · *Peppermint (Menthe piperita)* · *Periwinkle Herb (Vinca minor)* · *Sage (Salvia officinalis)* · *Sorrel (Rumex acetosa)* · *Spearmint*

Some drugs actually have a side effect of causing lactation and it seems like the best one may be Domperidone (Motilium™) <http://www.bfirc.com/newman/breastfeedin...> Raglan has also been used to induce lactation, but it has some serious bad side effects. It can't be used safely for extended periods of time, as is necessary for adoptive nursing, without significant risks.

I have tried to give you all the negatives and all the issues you need to talk over with your partner and family. There are also plenty of wonder positives. Below is a list of websites that will have important info for you.

· Lact-Aid International: <http://www.lact-aid.com/> Information on breastfeeding with the original, and most highly recommended, device available for providing formula supplement to a baby at the breast.

· Adoption and Nursing Bulletin Board on ParentsPlace.com : <http://rainforest.parentsplace.com/dialo...> A general discussion of the topic. Be sure to look through the archives!

· La Leche League International: <http://www.lalecheleague.org/bfadopt.html> Five articles written by adoptive mothers for LLLI's journal for nursing mothers, "New Beginnings."

· The Nursing Mothers' Association of Australia: <http://www.breastfeeding.asn.au/index.ht...> A good resource for breastfeeding information and support, and related equipment.

· The Adoptive Breastfeeding Resource Website:  
<http://www.prismnet.com/~naomi/abrw/inde...> site provides helpful links, discussion and a bulletin board for dialog about adoptive nursing.

Once you have decided to breast feed you adoptive child and have begun the baby search, find a lactation specialist willing to work with you. Believe it or not many specialist are familiar with adoptive breast-feeding. Contact a La Leche League (LOLL) Leader <http://www.lalecheleague.org/> or a Lactation Consultant <http://www.ilca.com/> that has experience with adoptive nursing induced lactation. Other resources are Lacto Net, <http://peach.ease.isoft.com/scripts/wa.e...> a newsletter for lactation consultants.

From here you need to learn all you can about what is called adoptive breast-feeding. Read the web articles I have cited. Go to the library and read the books. Contact the La Leche League for info and help finding a lactation consultant.

In part two of this article you will go through the next steps, the protocols you need to follow to increase the chance of a full share of your milk coming through and how to maximize what your body can do. You will look at supplements and other trouble shooting options available to you.