

Conversation Starters and Open Ended Questions

For breastfeeding mothers, to open up dialog about Dysphoric Milk Ejection Reflex.

Most mothers start to notice D-MER between 5-7 days postpartum. Many do not connect it to letdown until 2-4 weeks postpartum. If you are going to ask these questions to another breastfeeding mother, you'll need to time it right, it is best to wait until things are well established and she has actually had a chance to notice anything that may not feel right. 10-14 days postpartum would be great, unless you suspect a friend might be weaning sooner and you think it may be because of D-MER.

How is breastfeeding going?

How is it different then how you expected it to be?

Do you get those stereo-typical “warm fuzzies” when you nurse?...I know I never did!

How have you been feeling?

Any hints of anything that looks like the baby blues or PPD?

Do you like nursing?

How does breastfeeding make you feel?

Do you ever sit down to nurse and suddenly realize how tired you are and how much work all this is?

Does it ever surprise you how emotional becoming a new mother can make you?

Have you ever stopped to notice how you feel *right* before letdown? Some moms experiencing such different things!

Have you ever heard of Dysphoric Milk Ejection Reflex?