

Subject: Breastfeeding Struggles

Hi there, I just thought id send you an email regarding your post on bubhub.com.au about breastfeeding problems and some solutions.

My Story...

I was 21 when i had my son Brayden, my husband Daniel was 20.

We tried for 2 years to concieve Brayden and were so so excited! I was really looking forward to feeding my son as naturally as possible - by breast.

When Brayden arrived he latched on perfectly straight after birth, he fed well, but i didnt get much support at all in the first few weeks, he latched on well so they figured there job was done. I breastfed him for 12 weeks, 12 weeks full of problems, my milk never came in, he wasnt getting enough - but i didnt know that. he was peeing and pooing lots, but loosing weight. we had to top him up with formula, he started putting on weight. then we found out he had a milk protein allergy, so had to swich him to a prescription formula, Pepti Jnr. The little amount of milk i did have slowly went, til we were fully formula feeding.

This led me to think that i was a failure, i couldnt even feed my son! I got Postnatal Depression, i still have it 19months later....

I am now a Doula and have learnt alot about breastfeeding and i think if i had the right support right from the start i could still have been breastfeeding now! We are trying to concieve again and i hope that by the time i get pregnant again there will be more government resources available to help me succeed with breast feeding.

A few suggestions i have to help this along are:

Government supplied appointments with a lactation consultant during pregnancy, after birth and a few weeks into bubs life

Extra support for mothers in the early days, education during pregnancy (e.g. Government supplied Doulas)

I hope this helps :)

Melissa Shorten