

Submission no. 394

AUTHORISED: 20/6/07 *MP*

Subject: Feeding Story

Dear Sir / Madam,

I read about your interest in feeding stories on the BubHub website and felt compelled to share mine with you.

My son was delivered via a caesarean as he was in the breech position. It took several days for my milk to come in and then when it did come in there was very little at all.

Throughout the whole time I was in hospital after the birth and when I got home I felt enormous pressure to breastfeed even though my son was not putting on weight. From the baby health clinic and even my husband there was this constant pressure to keep at it.

I was expressing and taking medication to try and increase milk production but nothing seemed to work. I wanted to stop as I was getting extremely anxious at each feed and I felt that my son could pick up on this.

After 9 very long weeks I decided I couldn't do it anymore and was an emotional wreck. I was then diagnosed with post natal depression and hospitalised for a month. I have no reservations in placing some of the blame of this on those health professionals who kept pushing me to breastfeed.

As a first time mum you listen out for any advice you can get as everything is all so new. So when I was told to keep breastfeeding even though I was miserable and anxious I did it because "they knew best".

I am now trying to have another baby and have vowed that I will not breastfeed again. I cannot put myself in a position where I may be hospitalised all over again.

Health professionals need to lose the nazi approach when it comes to breastfeeding. They need to understand that it's not for everyone and respect the decisions made by the individual and offer them support not criticism.

I thank you for providing me with this opportunity to provide my opinion on this matter and would be interested to hear of your findings.

Kind Regards

Melissa Pearce