

Submission no. 458
AUTHORISED: 20/6/07 *R*

Subject: breastfeeding study

Hello

I feel that breastfeeding is such an important issue that I wanted to make a submission.

I had real trouble breastfeeding in the beginning. Every midwife/nurse that I asked for help had conflicting advice, and some of them were downright callous. Nobody told me that breastfeeding was going to be so difficult and painful. I had bleeding nipples and dreaded every feed. When I left hospital I very nearly gave up and my baby did have formula. I ended up getting a private lactation consultant come to my home (at a fee), plus I asked for help from the local health nurse. On top of that I contacted the Australian Breastfeeding Association counselling line. It was only because it was so important to me that I persevered. My baby is 10 months old and still breastfeeding.

There needs to be a few improvements before more mothers will breastfeed. I think it should be almost mandatory that before mothers are discharged from hospital that they have had a couple of one-on-one sessions with a properly qualified lactation consultant, and that consultants be available for home visits free of charge.

Also, there needs to be a huge public education campaign to let people know how much better breast milk is than formula. And, that breastfeeding does not need to end at 6 months.

**Thanks
Kylie Hopkinson**