

Submission no. 462

AUTHORISED:



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To whom it may concern,

Here are my thoughts breastfeeding.

During my pregnancy, I was encouraged by all healthcare professional that came into contact with me, that breastfeeding is best, and must be done. During our antenatal classes we were taught that breastfeeding is best, and you were a failure if your couldn't do it, and your child would be stupid, be ill al the time, suffer serious illnesses like asthma, and we were told that all women that had breasts could breastfeed.

When my son was born, he suffered from a poor sucking reflex, and screamed like he was being murdered every time a breast came near his face. Day 2 he was vomiting blood, and was being feed expressed colostrum and water via syringe, and that was when it was suggested I bottle-feed, as breastfeeding would only be possible if I expressed all the time, which I was advised would be a very time and energy consuming thing, and not best for a new mother who is running short on both energy and time.

Every health care professional I have come into contact with since, has made me feel like a bad mother due to me not breastfeeding, and being made to feel like this, I am sure was a large part of why I suffered Post Natal Depression.

I found there to be very little information on bottle feeding compared to the wealth of information on breastfeeding. I would have liked to see an information package on different formula brands, and why each one is different, which bottle is the best to use, which teat is best for a normal baby, a reflux baby or colic baby, ad just some general support for mother that cannot, or choose not to breastfeed.

I think as long as a baby is being nourished, either bottle or breast, it doesn't matter, as long as a baby is healthy either way, why should it matter

Thankyou,

M. Every