

Hello,

I would like to support the WHO breastfeeding is best stance and encourage the Australian Government to back this issue.

I have breastfed two daughters just short of 2 year each – a total of nearly 4 years of breastfeeding. I struggled immensely with the breastfeeding of my first child while struggling with a relationship break up and no family support. I met with many professionals to help overcome the difficulties and pain associated with breastfeeding and found that because of the strong stance midwives took on breastfeeding I managed to breastfeed for such a long time.

In taking a stance on Breastfeeding I believe it is important to adequately resource the health sector with trained, supportive and encouraging lactation nurses who have patience and a willingness to teach – I believe that It was not only my determination to breastfeed but the support of Tresillian residential stay and follow up home visitation, Hospital lactation workers visits and follow ups and a early childhood health nurse who were all extremely patient supportive, non judgmental and encouraging and a little bit of a fear to bottle feed and be judged by nurses which led to my success. It took 12 weeks for my nipples to heal and be pain free in breastfeeding.

I do believe that some mothers are unable to breastfeed for various reasons after trying and perseverance but I also believe that there are many mothers who do not try to breast feed due to the ease and availability of formula feeding.

Breastmilk is best for babies' maybe a national breastmilk bank would help some mums who are unable to feed their babies and want to feed their babies optimally. I would be happy to donate

Sarah