

Message

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Original Message

From: Papallo, Evelyn [mailto:epapallo@adelaide.gov.au]
Sent: Saturday, 20 January 2007 10:01 AM
To: Committee [mailto:scsa@pcc.org.au]
Subject: CMA 24 submission re breast feeding support

Sylvie Jackson

Dear Sir /Madam

I wish to make a submission regarding Breastfeeding in Australia
I am a mother with two children, now teenagers.
I strongly feel that women need more help and encouragement in breastfeeding their children as there are still so many negative influences that do not support their breast feeding choice.

When I had my first child and took her to the child health clinic I would often leave in tears as it was told to me that I was starving my child by exclusively breastfeeding for the first 6 months and that as she was on the bottom of the growth chart I needed to add comp bottle feeding to help her grow.

It is only recently that I realized that the growth charts were based on bottle fed babies who put on weight quicker than breast fed babies ,and that by adding bottles I would be reducing my own milk supply. Happily 15 years later I can see that by continuing to breastfeed she has emerged as a very intelligent normal sized child.

Yes you may think, but that was 15 years ago and we have so much more knowledge now. Yet my sister in law was told this year that she would also help her baby "grow" by adding complimentary artificial feeding (By a health practitioner). It was noted that as she was pregnant with her 2nd child she would not want to deprive the developing child by continuing to breastfeed through her pregnancy and that she should stop

breastfeeding the first child, still only 14 months old.

As with my breastfeeding experience of happily and successfully breastfeeding through pregnancy and then breastfeeding both children simultaneously, she also has received no positive affirmation that she is doing the best for her children and she is hurting neither child nor herself.

It was a beautiful bond to see both my children breastfeed together and I would have appreciated more support from the child clinics and staff at the hospital during the stay after the delivery of my 2nd child that what I was doing was beneficial to both my children.

I breastfed my first child for 4 years (Very discreetly) but it was often difficult to reply to a sneering public that it was not right to be exposing my breast to feed my child but if I wore leather pants and sat on a motorbike and was on poster then I could expose all my breast and be cheered at wildly.

Wouldn't it be great if the general public knew of the benefits of breast feeding and the savings that could be made in the public health purse and they could then encourage breastfeeding mothers?

I still feel strongly that there is not enough being done to spread the word about the benefits of breastfeeding, and that breast milk substitutes are not "just as good as breast milk". The meaning of breast is best is just that, that breastfed babies are healthier than artificially fed babies, are less likely to go to hospital and are less prone to many infections.

Less promotion of artificial milk supplies through supermarkets and pharmacies would be beneficial. As well as Health professionals not being educated by artificial milk manufacturers but by independent educators

Many of my friends with young children would go to great lengths to provide the best for their children. They work hard to give their children opportunities to go to Learn to swim and Gymbaroo and think that they are providing the best by buying gold label formula when the advantages of breast milk just isn't apparent to them. This is where we need to educate.

So that parents know the importance of breastfeeding and the medical risks of not breast feeding. A good support structure where mothers could go to get knowledgeable and supportive breastfeeding support

To summarize it is of benefit to the Australian nation to support Breast feeding, and for a longer period of time than 6 months, as many are led to believe by Health practitioners.

We need more support for parents in the practicalities of breast feeding.

Free breast feeding education classes for pregnant mothers so that they will recognize at an early stage the importance of breast feeding (and being free this will aid the socially disadvantaged to realize that by breast feeding they will be giving their children the healthiest start in life).

To fully educate health professionals to give current and accurate information on breast feeding.

To educate the general public as to the importance of breast feeding and the risks of not breast feeding, and how to encourage breast feeding mothers.

To acknowledge the importance of partners in encouraging the breast feeding mother as they will then have a greater chance of breast feeding successfully

That it is possible to successfully work and breast feed, but there will need to be systems in place to help the breast feeding mother

Breast fed babies are healthier and therefore all Australians will benefit.

Yours Sincerely
Sylvie Jackson