

To whom it may concern,

I have learnt through the Parents Jury that you are holding an inquiry into breastfeeding practices.

I would like the opportunity to share my thoughts.

I am a clinical nutritionist and mother who breastfed. Firstly, it has to be widely publicised why breastfeeding is best. You must highlight the preventative effects breastfeeding can have for the baby, as research shows breastfeeding can reduce a child's future risk of diabetes, obesity, heart disease, cancer, asthma, eczema, behavioural problems and the list goes on. This in itself should be a motivator for government agencies, seeing as the top 4 health problems are in this list.

Secondly, the woman's food choices while breastfeeding can have a huge impact on the baby's behaviour, making it very difficult to continue if there is constant crying, which may actually be caused by the women's diet. Nutrition education programs would be a great way to encourage the continuation of breastfeeding, while allowing a chance to decrease social isolation and increase support for each other, both crucial factors in continuing to breastfeed.

Of course some women cannot breastfeed, therefore the government could be in direct communication with formula producers to ensure not too many nasties go into it, such as aluminium. High aluminium levels can cause many problems, for example, it can cause asthma-like symptoms which can result in a mis-diagnosis and a child becoming inhalent-dependent.

The government needs to become more responsible in this area, for the future health of our children.

Regards,

Melissa Bull