

To whom it may concern

It seems so logical - human milk for human babies.

It's how nature intended mammals to feed their young, ensuring perfectly balanced and custom designed food for each individual species.

Although the catch phrase "Breast is Best" is quite well known, bottle feeding artificial milk is seen as more "normal" than breastfeeding. There's also a grave misconception that only mothers in undeveloped countries breastfeed, as they can't afford formula and are not surrounded by the 'latest medical advances'.

It's almost like long long ago when most people still believed the earth was flat. We are now well aware of the numerous benefits of breastfeeding, so it's up to us to educate those who are misinformed.

HOW?

- > Change the norm. Show that breastfeeding a baby is a beautiful,
- > normal and sustainable occurrence. Educate the public. If there's
- > money to spent on television ads for elections, drink-driving,
- > work-safe etc., surely ads promoting this natural and everlasting gift
- > could be produced as well. Support Mothers. They are shaping the next
- > generation of entrepreneurs, and we all want to ensure that our future
- > has the best start in life.

I am a mother of 18 month old twins who are happy, healthy and still breastfeeding. Most people don't even contemplate that one would breastfeed twins, let alone twin toddlers. Yet, it's such a special and rewarding experience - I wish all mothers all over the world could experience the joy. Breastfeeding is also about so much more than just human milk, it's about closeness and love, and knowing that a koala-mother would never contemplate feeding her precious bundle the milk of a kangaroo...

It's up to the leaders of today to choose breastfeeding for a healthier Australia!

Thank you for your time, if there's any questions please feel free to contact me.

Yours Sincerely

Wilani Smit