

# Submission No. 1

AUTHORISED: 7/2/07

*AMB*

Qld 4573  
10 December 2006

The Secretary of the Committee on Breastfeeding  
House of Representatives,  
PO Box 6021,  
Parliament House,  
Canberra ACT 2600

I am a mother of 4 children and a grandmother of two and I am writing this submission because I would like breastfeeding to be encouraged and promoted.

The health benefits are well known but it is not always easy for young mothers to breastfeed.

Firstly, there is so much conflicting information from professional people. The best information that I received was from a volunteer organisation, the Australian Breastfeeding Association. In 1977, when my first child was just weeks old I rang them when I was just out of hospital and a volunteer came out and visited me and helped me through. The professional people such as doctors and Childcare nurses that I had seen had given me conflicting information and it was confusing, but the advice from the Australian Breastfeeding Association enabled me to successfully breastfeed all of my children.

Things haven't changed in 30 years because when my daughter had her first child she was similarly bombarded with many different opinions from professional people on a variety of topics such as how often to feed, etc. She paid for a midwife to visit her which she found extremely beneficial. Visits from midwives who are trained lactation consultants should be available to everybody. It is difficult for young mothers to leave the house and home visits would be a great start to help them breastfeed.

My suggestions to promote breastfeeding are;

Home visits to young mothers from midwives who are trained lactation consultants,

Government support for the Australian Breastfeeding Association

The provision of up-to-date information that supports breastfeeding that professional medical people such as doctors and childcare nurses can give to mothers.

Sincerely

Janette Wallis

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