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my son was born in Sept 2006 at RBWH in Brisbane. As a first time mum I had no idea what I was doing in relation to breastfeeding. My son was born at 1:29am and by the time we got up to our room it was about 6am. I was tiered as was bub, he slept as did I. My morning nurse never told me to wake him to offer him a feed, however when the afternoon nurse came on she had a go at me for not waking him and offering him a feed every 3-4hrs. I asked for help with attaching my baby as when I did it it hurt when he feed and my nipple came out flat. I asked if this was normal and was told yes I just needed to get use to feeding. I had a couple of good nurses who helped me to attach him however what they said to do and not to do eg not to touch the nipple area and not to shove the babies head onto the boob just guide it, they did all of that when they attached him.

I would buzz at night for help with attaching and settling my baby and all that was offered was for him to go to the nursery at 11pm when it opened, this I refused as I needed to learn how to feed my baby. When thy said I would be released I explained to my nurse that I can not attach my baby to feed him properly. I was advised of a private service to have a lactation consultant to come into my house to assist (which I can not afford) or I could make and app with the lactation consultant at the hospital which would take about 3wks to get into.

When I got home I went to a free feeding clinic the next morning refusing to feed my baby as it hurt to much and I could not get him on properly. I was assisted there however due to the feeding problems from the start my milk did not come in. I then went to a day stay clinic for the day to get help with feeding, there I was suggested to go on medication to help my milk to come in (this did not work for me). When my baby was 6wks old I went to a 5day clinic called Riverton and I stayed over night for the week to get help with feeding and settling my baby. My son was diagnosed with Failure to Thrive (not gaining weight) on admission and was told on the Wednesday after a further review that I had to get 1kg on my son in 2wks or he would be admitted to hospital for nasogastric feeding. When he was reviewed at 9wks I stopped breast feeding as it was not doing him any good as I had no milk for him.

I tried to get help with breast feeding but there was little support available and as result my son was sick and I was stressed and ended up with PND. he is better now but I feel if I had proper help and guidance I would have been able to hopefully feed my son longer.

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