

Submission no. 399
AUTHORISED: 20/6/07 *B*

Subject: Breastfeeding

Hi,

I saw on the Bub Hub website that submissions from women are needed who have found breastfeeding hard. I myself gave up breastfeeding on day 6 with my daughter (who is now 2.5). I had an emergency caesarean, and my milk came in with a vengeance on day 4. At the time I was just flying by the seat of my pants, the maternity staff did put my baby to my breast a couple of times to help me learn how to do it, but because she wasn't latched on properly it was extremely painful. I think the things that would have helped me succeed with breastfeeding would have been more help - help while I was in the hospital & at home. I think having a breastfeeding "specialist" helper come around in the hospital and help women would have helped me immensely, as would have help at home. I didn't even know the Australian Breastfeeding Association existed, because the maternity staff at the hospital I was at didn't give me much info about anything. More help and more information at the time of my baby's birth would have helped me to continue and I really wish I had known then what I know now.

5/06/2007