

**Submission no.412**

AUTHORISED: 20/6/07 *M*

**Subject:** Re: Breast-feeding Enquiry

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I experienced some difficulties with breast-feeding: I fed four children from periods of 9 months to 2.2 years. I perserverred because I could not afford formula and bottles and I think formula is disgusting.

Male midwives:

I really detested having a male midwife. I did not like the personel intrusion of dealing with a male! Lets face it male obstetricians are never around you when you are giving birth but having a male midwife was a real imposition. I went home early to get away from him.

Hind-milk:

Hind-miild may help abrasions if you live clothesfree in Africa but it is very sticky and it sticks to your bra and clothes making abrasions worse. Natural lanolin from sheep is a lovely moist soft lubricant that helps with abrasion and soreness. This product is not reccommended because the child might eat some. If used short term when the tissue is sore it is of great comfort (unlike hind milk- ouch).

Attachment:

All midwives are obsessed with attachment. It is a complete myth. Once the baby is on and sucking - do not remove the baby and start again. It hurts like hell to take the baby off again. Midwives think that the whole aerola should be in the mouth!! How ridiculous, not even an adult can perform this feat!! I was gald to go home early and not have the midwives involved and telling me what i was doing was wrong- and so were many of my friends who breast fed.

Posture:

I found the advice on posture and the use of speicalised pillows wonderful.