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From: Patricia NEPE

To: [redacted]

Subject: A

Date: [redacted]

Time: [redacted]

-----Original Message-----

From: Richard Brown
To: [redacted]
Subject: [redacted]
Date: [redacted]
Time: [redacted]

Hello,

My wife and I had a baby last year (in NSW) and my comment is that NOTHING further should be spent promoting breastfeeding. It is already intensely promoted to the extent that there is, in my opinion, undue pressure applied to parents. This can be destructive when, as often happens, breastfeeding is not possible - the guilt and feeling of failure only adds stress to an already stressful situation.

I am not denying the undoubted health and economic benefits. I would like to highlight an area that I believe is important - bringing a sense of balance to the issue. Sure, promote breastfeeding as beneficial, but balance this with adequate training of health care professionals to communicate that it is not the be-all, end-all. In our case there is no doubt that formula was the right answer and I wish we'd been helped to realise this a few weeks earlier. In our experience every midwife, breastfeeding specialist, and early childhood clinician were enthusiastic to the point of dictatorial that we HAD to continue trying to breastfeed. The trouble was they all had different advice on technique, timing, diet and just about everything else.

So, my suggestion is that we all know its a good idea, so don't spend our hard earned money repeating the message. Spend it on training our healthcare professionals in the real science of breastfeeding and in applying empathy and practical solutions when it doesn't work quite as we all might hope.

Best of luck,

Richard Brown