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I am the mother of a boy fourteen months old named Gabriel. I gave birth at home in my bathtub. Following my wishes, baby and I were left for some quiet time in the water. My son quickly made his way to my breast. With the help of my experienced midwife, who is also a lactation consultant, he attached himself and started suckling. Our breastfeeding relationship has been rocksolid, intimate and pain free. It is only recently that i realised that our auspicious start is quite uncommon. I have spoken to many mothers who have told me how their first moments with their baby were disturbed and later attachment found problematic. Gabriel and i were fortunate enough we had home visits from my midwife in the first weeks. She answered all my anxious queries about right positioning, duration, and night feeding. I still treasure this intimacy. My toddler is confident, social and affectionate. His digestion is good with regular movements after breastfeeds. He had one skin infection at eight months that required hospitalization. That was quite traumatic, and he stopped eating. Throughout the two weeks of ordeal though, we found comfort in each other's arms and through my breastmilk he kept up his nourishment. To this day he settles easily. Mothering is not easy. there is no recipe. I sometimes doubt myself. Breastfeeding builds my confidence in my mothering capacity. I have greater respect for my body, as i can rejoice in its capacity to nurture. I am more relaxed about feeding him solids. After all i know he gets digestive enzymes and protein from my milk. Best of all it is self regulating. We can communicate. For me it has been the most enjoyable part of mothering, a break in an often hectic day. Breathe and meditate meantime he explores my face with his little hand. I wish it was more accepted and encouraged. Thank you for your inquiry. Florence Kolb

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