

RE: Submission

Dear Sir/Madam,

Submission no. 326

AUTHORISED: 9/5/07 *Bz*

Having had my first child, I would like to let you know how I've fared:

In hospital, I found it over-whelming & confusing. Having watched the video provided at the ante-natal clinic on breastfeeding, each mid-wife gave me different advice on how to latch the baby on. (Nambour G. Hospital)

I believe that a lactation consultant was available - but I only heard of this service after leaving the hospital.

Perhaps specific training in breastfeeding could be given to midwives.

ABA (Australian Breastfeeding Association) has ~~been~~<sup>provided</sup> wonderful support & this has enabled me to continue breastfeeding to date - my

daughter is 10½ months.

Some of this time has been challenging being back at state schools & having to express milk.

Perhaps being such a large employer, each school could supply a small, clean room for this purpose. Surely, this would encourage female staff to continue providing the beneficial breastmilk for Australian children.

Fortunately, I have never had any negative experiences when breastfeeding in public.

I have been satisfied with parents' rooms in shopping centres. Shopping can be tiring trying to cope with a child as well as trolley - so it's nice to know there are some decent facilities for looking after my child.

Thank you, Heather A Hirsch  
HAHirsch