

Submission no. 397

AUTHORISED: 20/6/07 *Bz*

Subject: Breastfeeding

Hi

I had a terrible time breastfeeding my first child - everyone assumed it was because I lacked the technique - despite the pain (cracked and bleeding nipples which lasted for three months) I perservered and ended up breastfeeding Vicky for 14 months.

Vicky - now aged 4 has just been diagnosed with tongue-tie and breastfeeding problems are often associated with this condition. I would like to suggest that tongue tie information be provided to nurses/midwives and doctors sot that the babies concerned can be checked - often this is inherited too so if it is too difficult to check the baby perhaps check the parents for this condition.

I think the options for mothers who are encountering breastfeeding problems are often not well presented. I was very lucky to have a midwife who suggested that I use a breastpump for several weeks until my nipples had healed - so I expressed via pump and feed Vicky via a bottle initially.

There are also products like Marcalan etc that should also be provided/suggested as an option to the 'breastmilk and open-air' policy which often isn't feasible.