

Submission no. 418AUTHORISED: 20/6/07 *R*

Subject: Commonwealth Parliamentary Committee for Health and Ageing- breastfeeding inquiry

Dear Pauline Brown

I found your request for submissions on the BUBHUB website wanting stories from mothers who had problems.

I had alot of difficulty breastfeeding my twins. I gave birth on the 29th December 2005. As it was during the christmas holidays, the breastfeeding clinic at the Royal Hospital for Randwick in NSW was closed. They do not follow up patients who gave birth during their closure.

The twins were born four weeks premature, and were fed a combination of formula and breast milk in the New Born Care Centre for two weeks while they grew strong enough to suck. One nurse in particular did help me alot to get them latching on properly and breast feeding. Twins breastfeeding is difficult.

My babies were not settling at all in the first few weeks. So much so my home visiting nurse referred me to Trescillian where I stayed for six days to help me. As the nurses weighed the babies every day, (something you don't normally do if at home) they realised they were losing weight or fluctuating too much and were not getting enough milk from breastfeeding alone.

So how do you increase your breast milk supply? I asked everyone from Nursing Mothers to Naturapaths and nothing worked. Tried every herb, remedy, tea that was reccommended. I did not want to try taking prescription drugs as I had to take alot of drugs to get over a post caesarian problem.

So I did a combination of breastfeeding and supplementing with formula.

My milk ran out after 5 months. I would have liked to have gone on for longer but felt I had no support or wise advice that worked.

I felt quite isolated and alone with this problem. If the hospital, Trescillian or someone could have followed up after the initial few months, that would have been good.

I don't know if my story helps.

Kind regards
Mandy Gibbens

5/06/2007