

RECORDED: 20/6/07  
**Submission no. 440**

AUTHORISED: 20/6/07 *R*

**Subject:** Breastsfeeding

I have a two week old son and am currently breastfeeding. Breastfeeding was difficult when he was first born because he was a sleepy baby and didn't like being woken up to be fed – so therefore resisted. I am now home and he is feeding regularly and well, however as a first time mum I was unaware of how challenging breastfeeding would be. There is ample information available on how to breastfeed (how to position, latching on, getting comfortable etc etc etc), but I don't think I was prepared for the challenges that may face a breastfeeding mum. It would be worth developing information on "what can go wrong and how to overcome it....".

I have since been a regular visitor to the Breatfeeding associations website (<http://www.breastfeeding.asn.au/>) and have found that to be a very useful and informative tool.

I hope this helps with your research.

Naomi Irvin