

16 JAN 2007

ON HEALTH AND AGEING

3rd January 2007

Mr. Alex Somlyay,  
Chairman of the House of Representatives  
Standing Committee on Health and Ageing,  
Parliament House,  
Canberra

Submission No.9  
AUTHORISED: 7/2/07

AMS

Dear Mr. Somlyay,

The Federal parliamentary inquiry to examine the health benefits of breastfeeding. This inquiry is long overdue.

There is evidence that breast fed infants are healthier than those infants, who are formula fed, not only as babies, but throughout their entire life. There should be more support encouragement and help for mothers to breast feed their babies.

Breastfeeding lays the foundation for physical and emotional health.

I breastfed my first four children for only a couple of months thinking my milk supply wasn't sufficient for them, all born in the 1960's.

Then I joined the "Nursing Mothers Association of Australia" now the "Australian Breastfeeding Association", and with help from the counsellors I successfully breastfed my fifth child till he weaned himself. He is now a very healthy young adult, not missing a day's school. He has an excellent set of teeth.

Breastfed babies are less likely to be fat later in life and to develop complications such as insulin dependant diabetes, and heart disease, and many other illnesses, such as infections and allergies.

The "Australian Breastfeeding Association"

welcomes the release of the new baby growth charts by the "World Health Organization" in April 2006. These new growth charts are long overdue. Many mothers have wrongly been told their breastfed babies were underweight, and weaned them early.

Also mothers who breastfed their babies for twelve months or more are less likely to develop breast cancer.

Artificial feeding of infants was the biggest uncontrolled experiment in human history. As the research results from these sort of studies come in, we see the harmful effects of this experiment, on mothers and babies.

My daughter breastfed all six of her children and her daughter breastfed her daughter. They are all very healthy.

I do hope to see this inquiry being held to examine the many health benefits of breastfeeding<sup>is</sup> a success and more mothers receive the help and support they need to enable them to breastfeed their babies.

The "World Health Organization" recommends babies are fed solely on breastmilk up to six months with introduction of appropriate complementary foods and continued breastfeeding to two and beyond.

Thank you very much.  
Yours Sincerely,  
(Mrs) Beyl Jackson