

The Advocate

Mums 'need more support'

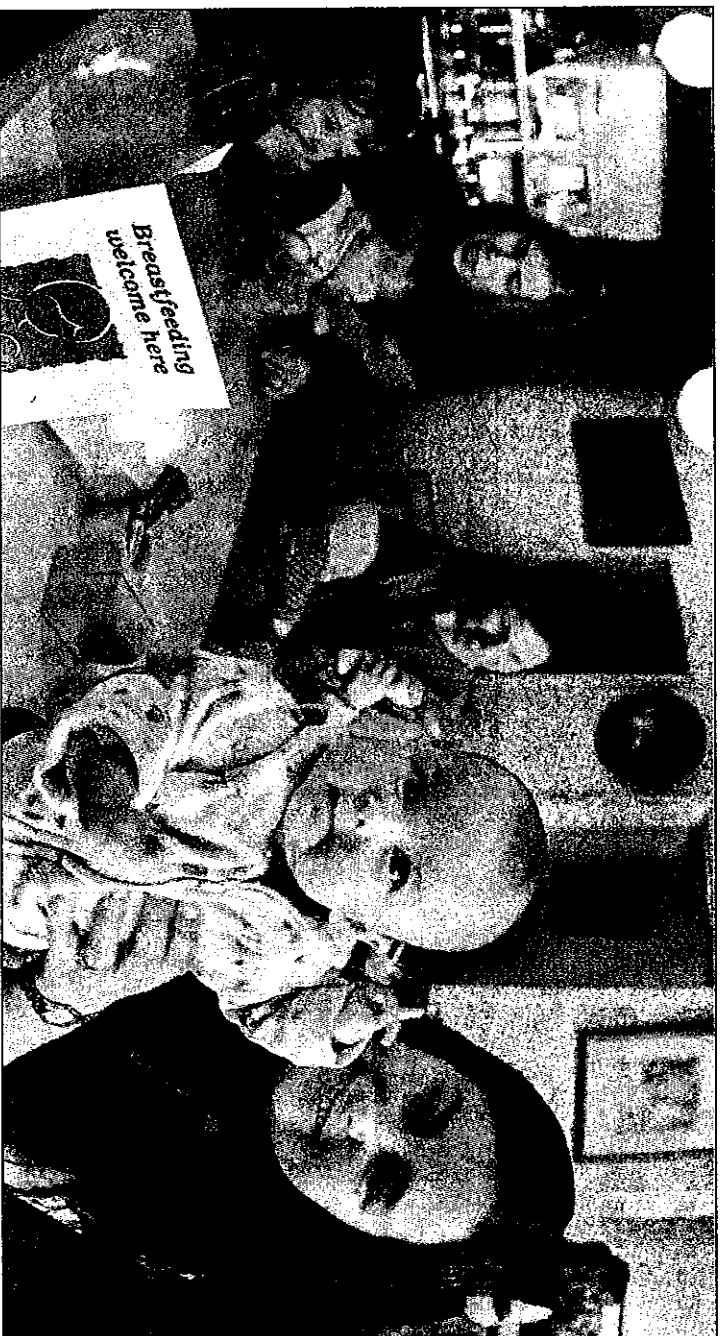
Breastfed babies get healthy start

YOUNG mothers need more support to encourage breastfeeding, the Australian Breastfeeding Association (ABA) said.

As part of Breastfeeding Awareness Week, the ABA said young Coastal mothers had good intentions to breastfeed, but needed better support.

ABA North-West representative Marion Bowen said breastfeeding was important and if mothers gave up too early it increased the risk of disease for both the baby and the mother.

In a combined effort with the ABA, Eat Well Tasmania accredited 24 Burnie businesses with "Breastfeeding Welcome Here" qualifications. Each approved business provides a friendly atmosphere for



FRIENDLY ATMOSPHERE: Making the most of a designated breastfeeding area at Burnie's Around The Corner Eatery are Wynyard mum Louise Munday (front) and five-month-old daughter Madeline, and (from left) Suzanne Finn, of Somerset, with sons Tom, 3, and Oliver, 1, and Iris Schubert, of Ulverstone, with son Josef, eight months. Picture: Stuart Wilson.

breastfeeding mothers.

Louise Munday has breastfed her baby girl Madeline for five months and described the benefits as "enormous".

"I know she doesn't get

sick quite as much and when she does it's not bad, just a touch compared to a few bottle-fed babies I know," she said.

Ms Munday went through a few rough months until

she discovered Madeline was dairy and soy intolerant.

"By breastfeeding her, I cleared up a lot of her problems, it calmed her down, put her to sleep and

relieved any pain she had.

"I removed the dairy and soy in my own diet so she gets everything she needs from me.

"It's made us both extremely happy."

Breastfed, or not . . .

Breastfeeding

- Protects your baby from illness and infection.
- Provides the correct food for your growing baby.
- Aids the development of your baby's eyesight, speech and intelligence.
- Promotes a special loving bond between mother and baby.

Babies who are not breastfed

- Have a higher risk of cot death.
- Have an increased likelihood of allergy.
- Cost more money — you need to buy expensive infant formulas and feeding equipment.
- Are less environmentally friendly in terms of fuel, energy and resources needed for artificial feeding.