



australian
breastfeeding
association

Media Release

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NEED MORE MILK?

Concerns about making enough milk are the most common questions on breastfeeding hotlines, and the number one reason mothers offer supplementary feeds (artificial baby milk) or give up breastfeeding altogether. Fortunately, there are also more ways to solve these problems. Diana West, BA, IBCLC, writes and speaks about these issues relating to low milk production. She presents new discoveries about causes of low milk supply and innovative information about how to increase it to help health care providers develop strategies to make breastfeeding possible for more mothers.

Diana West says, 'For a long time, it was assumed that mothers who worried about their milk production just didn't understand how breastfeeding worked, and that all they needed was a little education and reassurance to get breastfeeding back on track. While it's true that most mothers can make enough milk, we are now learning that there are definitely mothers who really aren't making enough milk, and for a variety of reasons their numbers may be rising. We're also discovering that there are more causes for low milk production than we once realized. Fortunately, there are also more ways to solve these problems'.

This year's Australian Breastfeeding Association Health Professional seminars ***Breastfeeding: A Work of Heart*** features:

Diana West — **Surprising Causes of Low Milk supply and New Strategies for increasing milk supply**

Dr Kathleen Tackett Kendall — **Postnatal Depression and Breastfeeding and Survivors of Sexual Abuse and Breastfeeding**

Dr Virginia Thorley — First Weeks: **Why mothers abandon breastfeeding: An action analysis**

Gill Rapley **Baby-led weaning — a new approach to introducing solids**

<http://www.lrc.asn.au/2008seminars/index.php>

For more details and to organise interviews please contact Australian Breastfeeding Association's spokesperson **Barb Glare on 0418 579 420**