

**Submission  
No 6**

## **SUPPORT FOR NEW PARENTS AND BABIES IN NEW SOUTH WALES**

**Name:** Ms Barbara Lewis

**Date Received:** 9 October 2017

I write to have input into the above enquiry.

As the grandparent of a new first baby in a rural area of NSW I urge the committee to consider using technology to support

new parents. It is well documented the difficulties of feeding for new borne babies and mums.

The lack of Paediatric support to

ensure that there are no stomach, gut problems needs to be addressed as part of the process of working out why babies are screaming their hearts out.

The stress and pressure is immense and currently we do the process of supporting new mums in our suburbs and remote areas

very poorly.

There needs to be 24/7 help lines to help parents work out what is going wrong, whether there is insufficient milk or the baby

requires bottle feeding the whole process is still poorly structured with support for the parents.

This in turn leads to significant stress and leads to Post natal depression. We then move on to the process of support play groups

for parents. If the mum has not commenced with a group before 12 weeks old, they cannot join a play group. These groups are

vital to helping young parents, and again this needs to be considered. I often get calls from young mums asking where they can

join groups because they have moved into the area or may have struggled with PND and not been up to joining a group prior.

**Barbara Lewis**