

**Submission  
No 15**

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

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## **Submission No. 15 – Ms Kellie Darley**

Thank you for looking into the community services available for parents after the birth of a child.

My experience has been that there is a such a difference in the support available based on where you live. And this really shouldn't be the case. There is very comprehensive and clear research that demonstrates what is needed to best support parents and their newborns and this should be used to set a minimum standard of service which is adhered to across the state. Obviously focused on outcomes and with the flexibility to deliver in different ways to suit local needs.

I gave birth to my 1st child in the Sutherland Shire and was able to attend a drop-in breastfeeding clinic any day of the week as well as had a mothers group to attend run by a local community nurse. While small improvements could be made in the way these services were provided/delivered, I was exceptionally grateful that they existed. And more so when I moved to the City of Parramatta before the birth of my 2nd child 17months later and there was NO such services. I urgently required breastfeeding support and was told that the breastfeeding service no longer existed because there were too many mums attending it. What an absurd thing and all I was left wondering was where were all those mums now getting any support!?! I had to turn to the breastfeeding association and to the breastfeeding clinics run in the City of Ryde, which I lived very near to the boundary of. Thankfully they helped me and didn't turn me away even though I wasn't in the area. And thankfully due to my education and tenacity keep pushing to get the support my bub and I needed. Saddens me to think of all the other mums out there who were left with no support.

As a mum of a 2nd child, I was told I was not allowed to attend the mothers group program even though I had only very recently moved to the area and was desperate to connect with other local mums with newborns. In the end I was fortunate to find a great playgroup as well as support via the Parramatta District Mums Facebook group. Looking back I must have had PND but was never referred onto an appropriate health professional even though I regularly scored badly on the Edinburgh Postnatal Depression Scale. And I was just so focused on surviving with 2 under 2 and no family support nearby and probably in denial that I never pushed to get the help I should have had.