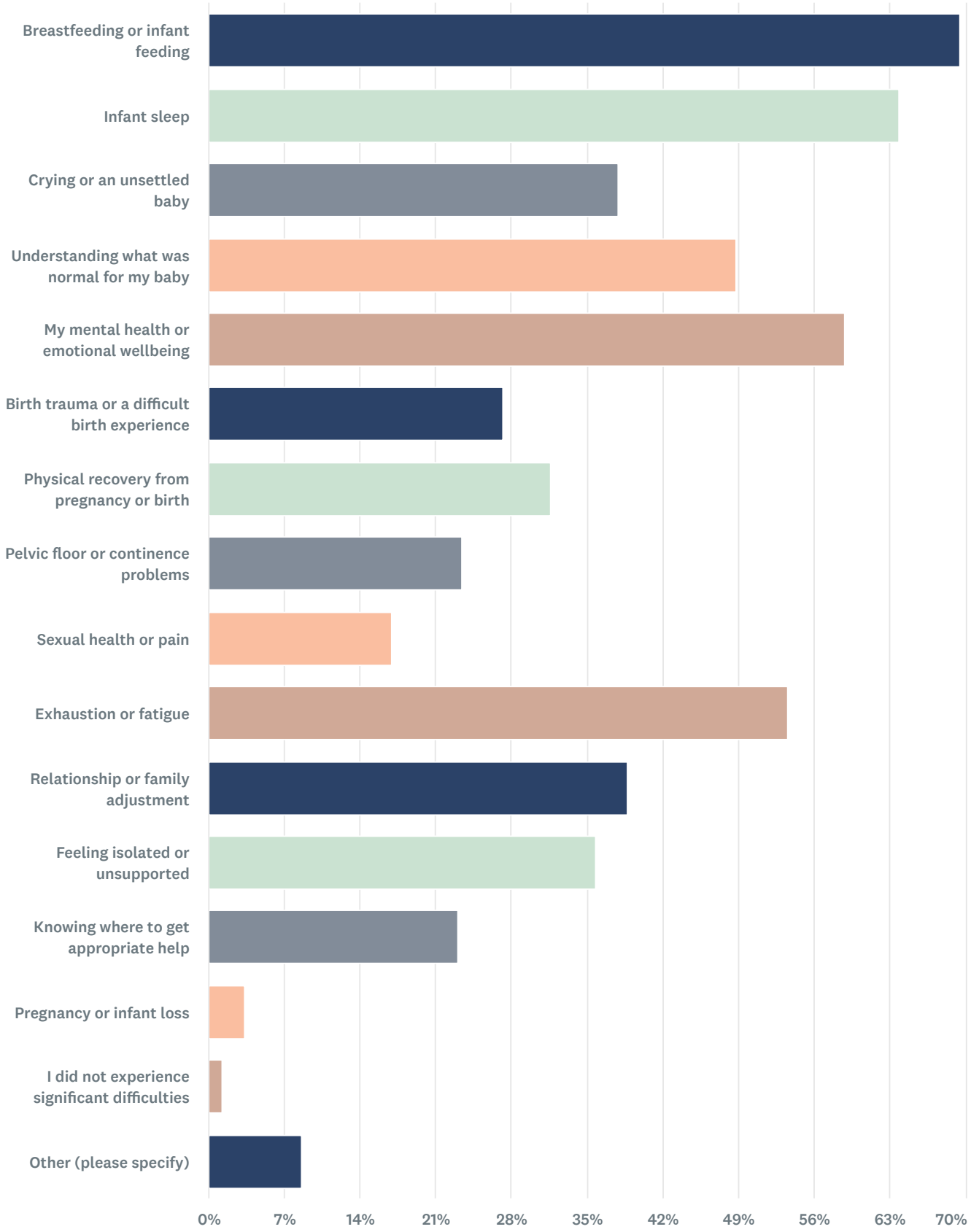
Q1 338 responses

Thinking of the first 12 months after having your baby, what were the biggest challenges for you?Select all that apply



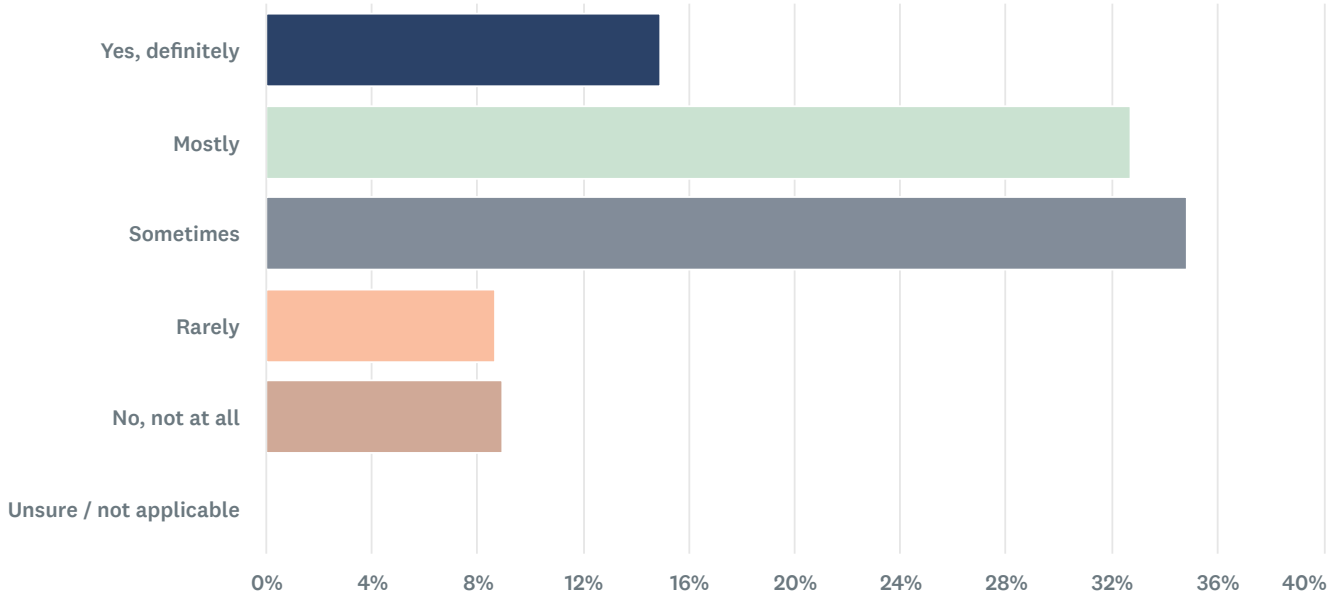
Answer Choices	Percentage	Responses
Breastfeeding or infant feeding	69.53%	235
Infant sleep	63.91%	216
Crying or an unsettled baby	37.87%	128
Understanding what was normal for my baby	48.82%	165
My mental health or emotional wellbeing	58.88%	199
Birth trauma or a difficult birth experience	27.22%	92
Physical recovery from pregnancy or birth	31.66%	107
Pelvic floor or continence problems	23.37%	79
Sexual health or pain	16.86%	57
Exhaustion or fatigue	53.55%	181
Relationship or family adjustment	38.76%	131
Feeling isolated or unsupported	35.80%	121
Knowing where to get appropriate help	23.08%	78
Pregnancy or infant loss	3.25%	11
I did not experience significant difficulties	1.18%	4
Other (please specify)	8.58%	29
Total		**1833**

#	OTHER (PLEASE SPECIFY)	DATE
1	Mastitis	9/25/2026 8:37 AM
2	Lack of education	9/25/2026 12:11 AM
3	Feeding timing and duration (3 hours from start) and 20 mins one on breast then a top up on the other, wasnt really explained til my son was underweight and had a UTI.	9/11/2026 4:48 AM
4	Conflicting information from health providers	9/10/2026 12:04 PM
5	Interference and poor advice from CAFS nurse	9/10/2026 2:39 AM
6	Allergy and medical challenges which weren't acknowledged	9/9/2026 10:54 PM
7	I suffered very badly from de quervains syndrome in both of my thumbs and had issues in the tendons in my hips and discs in lower back	9/9/2026 7:48 AM
8	Identity shifts	9/8/2026 12:00 PM
9	My husband dealing with the birth of our child	9/8/2026 7:46 AM
10	Infant weight gain issues	9/8/2026 5:41 AM

11	My partner not being able to access more than 3 weeks off post birth.	9/8/2026 3:26 AM
12	Medical complications of baby	9/8/2026 2:44 AM
13	Not one practitioner to look at the big picture for my sons feeding challenges	9/8/2026 1:05 AM
14	Lack of activities especially during school holidays. It had a major impact on mental health	9/7/2026 10:52 PM
15	Food for me. I was alone and there was no time. I couldn't produce milk and only realised it had been 48hrs and all I ate was one yoghurt pouch.	9/7/2026 7:27 PM
16	Unaffordable psychological and GP care	9/7/2026 3:04 PM
17	Baby wasn’t growing as expected. Unknown medical problem later diagnosed as apnea of infancy, requiring at home oxygen.	9/7/2026 12:26 PM
18	Advice overload. There were almost too many sources of information/support/advice. At one point after my first child, I had to report to the hospital outpatient clinic, my obstetricians clinic, CAFHS and a lactation consultant, and no some of those sources based advice/support on their own personal evidence rather than standard, evidence based guidelines. It felt less like a network of support and more just overwhelming.	9/7/2026 12:21 PM
19	It was a big adjustment after my first child. Just the feeling of needing to be 'on' all the time. However, after my second baby it was a much less daunting feeling.	9/7/2026 11:43 AM
20	Flare up of lipodema	9/7/2026 11:22 AM
21	Private system does not have the same built in after birth care that some public programs do	9/7/2026 11:05 AM
22	Friendship relationship adjustment	9/7/2026 10:55 AM
23	Being considered the “expert”on my own baby and needing expert medical support with baby’s medical issues of the time	9/7/2026 10:50 AM
24	DV and	9/7/2026 10:25 AM
25	We sought a lot of help for infant sleep and breastfeeding support. Much of this advice was conflicting and confusing. I found the Possums approach to sleep very isolating, my baby woke frequently and being told this was normal delayed me making changes that actually helped.	9/7/2026 10:16 AM
26	General management of my own wellbeing - resting, managing life with baby without neglecting self.	9/7/2026 9:43 AM
27	Multiple birth	9/7/2026 9:28 AM
28	Adjustment to parenting, grief at the loss of the life I previously lead	9/7/2026 9:17 AM
29	Being gaslit by formal supports	9/7/2026 9:10 AM

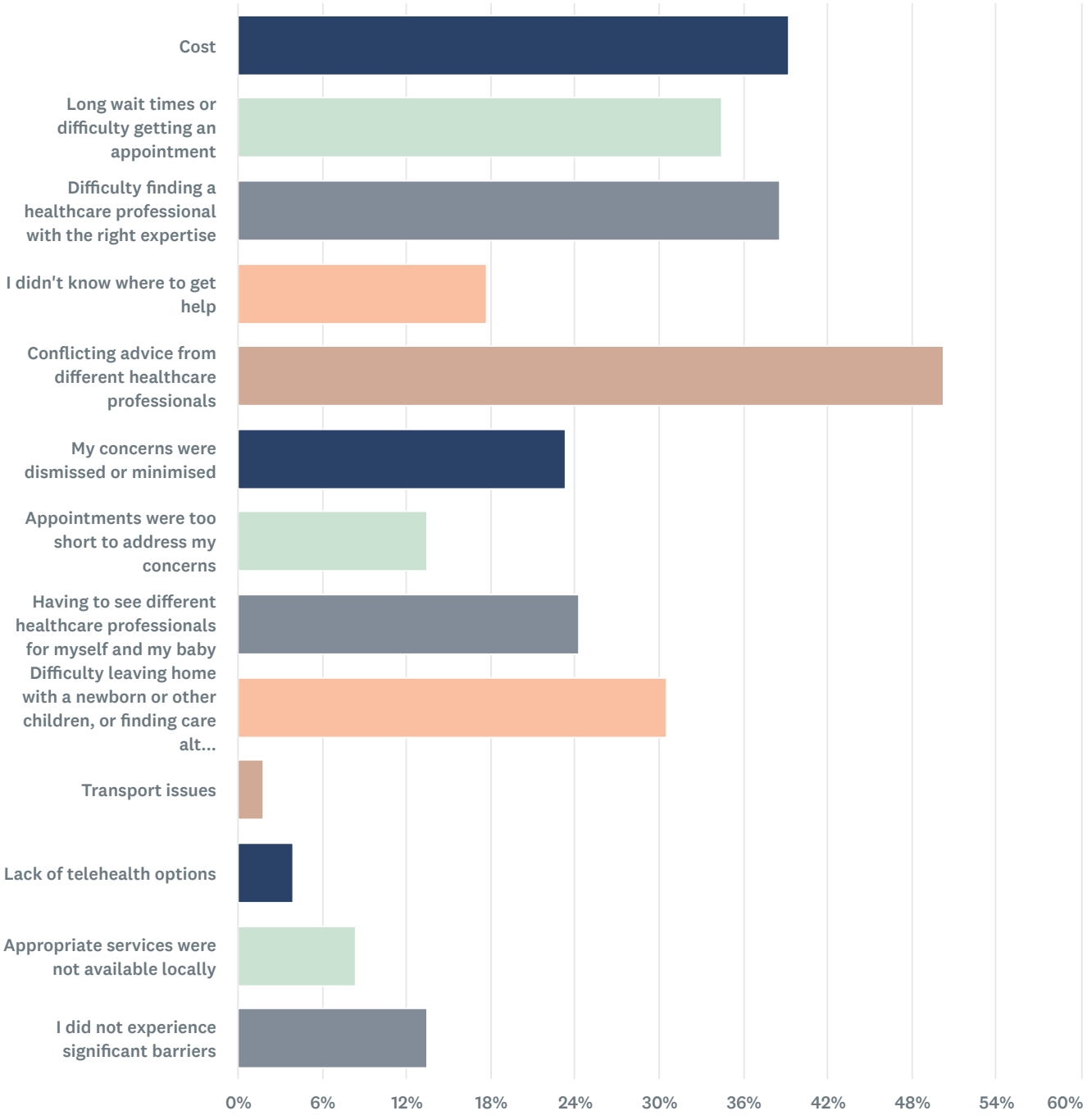
Q2 336 responses

Thinking about the first 3 months after having your baby, did you feel you had enough support from healthcare professionals?



Q3 334 responses

What made it difficult for you to get the healthcare or professional supprt you needed after having your baby?Select all that apply.



Answer Choices	Percentage	Responses
Cost	39.22%	131
Long wait times or difficulty getting an appointment	34.43%	115
Difficulty finding a healthcare professional with the right expertise	38.62%	129
Total		**1000**

I didn't know where to get help	17.66%	59
Conflicting advice from different healthcare professionals	50.30%	168
My concerns were dismissed or minimised	23.35%	78
Appointments were too short to address my concerns	13.47%	45
Having to see different healthcare professionals for myself and my baby	24.25%	81
Difficulty leaving home with a newborn or other children, or finding care alternatives for them.	30.54%	102
Transport issues	1.80%	6
Lack of telehealth options	3.89%	13
Appropriate services were not available locally	8.38%	28
I did not experience significant barriers	13.47%	45
Total		**1000**

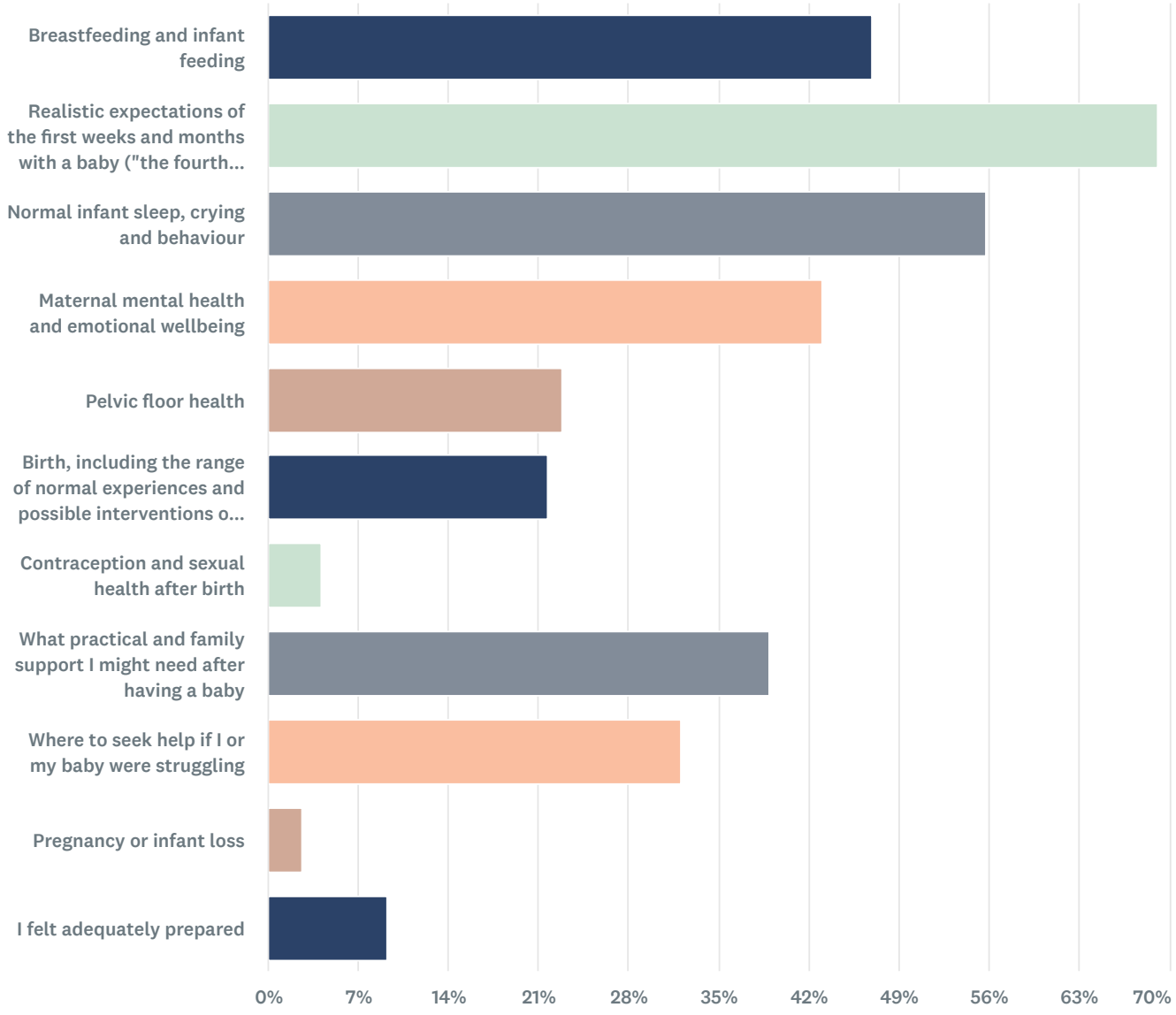
#	OTHER (PLEASE SPECIFY)	DATE
1	Didn't know when to get help and when to keep persevering with previous advice	9/24/2026 7:18 AM
2	When mental health is a concern it is still up to the patient to seek and arrange professional help. I think it's important to recognise a naturally reduced capacity in someone who is struggling mentally	9/21/2026 6:05 AM
3	People didn’t care enough to ask the questions. No one cares about Mum in those early days. It’s just baby. No one ever asked me about me after about 6 weeks. With my second I was basically ignored. No Mum’s group. No nothing.	9/15/2026 2:44 PM
4	Just felt the drop off in availablity and frequency of care and support (and loss of continuity of care) for myself in postpartum vs antenatal was so frustrating... and I don't even experience many barriers to accessing healthcare so I can't imagine what it's like for women who do.	9/14/2026 11:12 AM
5	CAFHS were very vague with conflicting advice	9/14/2026 7:35 AM
6	I was lucky to be referred to AMBC and had a great OB and women’s health physio to support me, but I recognise I am very privileged to have access to them and be able to afford them, and the time to attend appointments.	9/14/2026 7:14 AM
7	In my experience at the hospital, if a lactation consultant had been present at the moment my baby first latched and during the first day after birth, I would have had a much better chance of establishing exclusive breastfeeding, and I might not have needed to supplement with formula due to dehydration and hunger. Midwives helped while I stayed in the hospital, but they are not experts in breastfeeding techniques and latching, which is a key set of skills for a really short window of opportunity for a long-term impact for baby, mum, family and society.	9/10/2026 9:19 AM
8	Never came off the waitlist for a parent’s group	9/9/2026 10:47 PM
9	Services not available in my region - Torrens House is the only sleep training school in SA and NT. There are no other public or even private options. The waitlist for Torrens House is months and they don’t accept everyone. The services available at CAFHS were not staffed with trained sleep specialists but only junior nurses (who whilst lovely and tried very hard - gave dangerous advice Ie start melatonin on a 3 month old who wouldn’t sleep!)	9/9/2026 10:51 AM

10	The advice was to rest my hands and back, knowing full well that would not be possible caring for a newborn. It was basically “I know you’re in pain but can’t do anything to help you”. No practical advice in how to care for a newborn in a way that minimises the impact on my hands and back was given. I had to source an OT myself to try and give me tha practical support.	9/9/2026 7:48 AM
11	After 6 weeks a lot of support was discontinued. Sleep deprivation and fluctuating emotions makes it difficult to take in information even if it's provided if we do not feel like we have a rapport with the provider. A check in and a cuppa tea, frequently would be a lot more useful than an intensive appointment that was infrequent.	9/9/2026 7:30 AM
12	You were just told this was hard or normal. And if you were struggling it was your problem and you were weak. You had no idea what the options were.	9/9/2026 4:37 AM
13	I was no longer "allowed" to see my antenatal GP / Doctor after the 6 week check for myself or baby as they only saw pregnant women. Felt abandoned by someone who had built rapport and trusted for advice and care. Our regular GPs seemed to have limited knowledge and experience of baby specific issues. By chance found AMBC and as soon as I described issues at my first appointment, Dr Rhiannon instantly provided a diagnosis and management options for bubs and myself	9/9/2026 2:26 AM
14	Social stigma and lack of confidence in myself that I needed and worthy of receiving mental health support. Unsure if I truly needed professional support, always putting myself last and no one advocating for me to receive professional support.	9/8/2026 12:14 PM
15	Health care professionals assuming things based on what happened with my mental helath	9/8/2026 7:46 AM
16	At my 6 week check up, my obstetrician recognised I had anxiety & depression and gave me the contact details for Dr Rhiannon Smith. It took me a while to make the phone call for our first appointment as I felt so overwhelmed with day to day activities that I struggled to make that first contact.	9/8/2026 4:57 AM
17	Unhelpfully, professionals would often just say “that’s babies for you” and not look any closer	9/7/2026 11:09 PM
18	I didn’t experience as many barriers because I was fortunate enough to be able to go private. I know that is not available to many.	9/7/2026 10:52 PM
19	I work in health care and was able to get an excellent team around me to support a very challenging baby. I often reflect if I didn’t work specifically in women’s health and couldn’t advocate and navigate the system so well, we’d be in a very different and dire situation.	9/7/2026 8:46 PM
20	All the good doctors in my area were “not open to new patients” so I had no one to go to until I was about 5 months postpartum was recommended a great doctor but about a half hours drive away	9/7/2026 7:12 PM
21	Not knowing if my concerns were valid enough to ask for help	9/7/2026 3:21 PM
22	Amazing support from Mums and babies in Adelaide. Although there are supports like the country midwife program, they weren't stable or as committed to the level of care or availability- we were very fortunate to be able to drive our children to see private drs who took the time and care in my family.	9/7/2026 1:06 PM
23	With no family in Australia, and having recently moved to Adelaide, I felt so alone and didn't know where to look for care. My obs was amazing, but it was only after her midwife suggested I seek help from Mums & Babies Clinic I finally felt supported. If it wasn't for your specialists I don't know how my first weeks would have been - I'm pretty sure I was borderline on PPD which was only avoided thanks to your care. This is not to rub your ego, this is a true reflection of how much your Dr helped me.	9/7/2026 1:00 PM
24	Received no follow up from various related channels, didnt feel like they really cared	9/7/2026 12:51 PM
25	I had an extremely supportive GP	9/7/2026 12:32 PM
26	I think after my first born I really needed more education and help with infant sleep and settling techniques, I felt so overwhelmed and not confident in what to do. More support even if group education would have been amazing. I would have loved more help from a Lactation consultant too - I had 1 amazing appointment but at $190 out of pocket I couldn't afford more.	9/7/2026 12:13 PM
27	Interstate move	9/7/2026 12:06 PM
28	Once we were discharged by our MGP midwife's care (amazing experience with MGP), we saw our GP and CAFHS nurse. In the future I would just see our GP (not CAHFS). The advice between GP and CAHFS nurses is too different and causes worry.	9/7/2026 11:55 AM

29	Thankfully, I was recommended to join the AMBC parents group. I also started seeing Dr Hadgraft as GP for my newborn & myself - and later, for my second baby too. It's been brilliant to find a GP clinic which specialises in this very particular stage of life.	9/7/2026 11:43 AM
30	I am a very confident, health literate and highly educated person so I was well-researched prior to birth, to know where to get help postpartum when I needed it. I have supportive husband and extended family to care for my baby when I needed to attend appointments on my own.	9/7/2026 11:36 AM
31	I was injured from breastfeeding positions and was not able to move My neck and there ore could not drive.	9/7/2026 11:11 AM
32	I was lucky to be able to pay for private healthcare support, but I'm sure the cost is a barrier for many	9/7/2026 10:55 AM
33	Travel with a car hating baby to get to a professional who did not dismiss us	9/7/2026 10:50 AM
34	I note that I did not experience significant barriers as I work in healthcare and have financial security	9/7/2026 10:44 AM
35	Rural location	9/7/2026 10:20 AM
36	After 3 months it required me to actively go out and seek help but I was already too unwell by then	9/7/2026 10:08 AM
37	Finding someone that would align with my parenting style instead of dismissing me. I am attachment parenting and struggled to find anyone who agreed with co-sleeping. All sleep issues I was given the same advice, just move him out of the bed. Not useful. How about listening to what the parent isn't willing to change and then work with what you have instead of dismissing their entire parenting style. It's isolating and makes parents question. I was told to stop breastfeeding before my second came. I wanted to tandem, they told me that was rubbish and I need to look after myself. So dismissive. My girls were o ly 18 months apart.	9/7/2026 10:06 AM
38	I did not experience significant barriers as I was already linked in with AMBC and was receiving very good care	9/7/2026 10:06 AM
39	I didn't know what was normal	9/7/2026 10:04 AM
40	I did not have the capacity to ask for help. As a first time mum I did not know what I needed or what would help, I was struggling but felt too overwhelmed to ask for help.	9/7/2026 9:45 AM
41	Still able to get healthcare but not always at preferred providers due to expense. Choice was restricted due to lower income while on leave.	9/7/2026 9:43 AM
42	Private physiotherapy for women is crucial but even with private heath cover, the out of pocket expense was not sustainable.	9/7/2026 9:40 AM
43	**I didn't find Adelaide Mums and Babies until 8 months post partum and feel if I knew about you earlier, I would of had the support I needed.	9/7/2026 9:34 AM
44	My difficulties were with CAFs and other lactation support. Once on board with AMBC things improved significantly	9/7/2026 9:22 AM
45	I had a very unsupportive partner and no family so was very much doing it all myself while battling bad PND and it was absolutely cooked.	9/7/2026 9:21 AM
46	Peak covid	9/7/2026 9:19 AM

Q4 337 responses

Looking back, what do you wish you had received better evidence-based information or preparation about DURING PREGNANCY?Select all that apply.



Answer Choices	Percentage	Responses
Breastfeeding and infant feeding	46.88%	158
Realistic expectations of the first weeks and months with a baby ("the fourth trimester")	69.14%	233
Normal infant sleep, crying and behaviour	55.79%	188
Maternal mental health and emotional wellbeing	43.03%	145
Pelvic floor health	22.85%	77
Total		**1167**

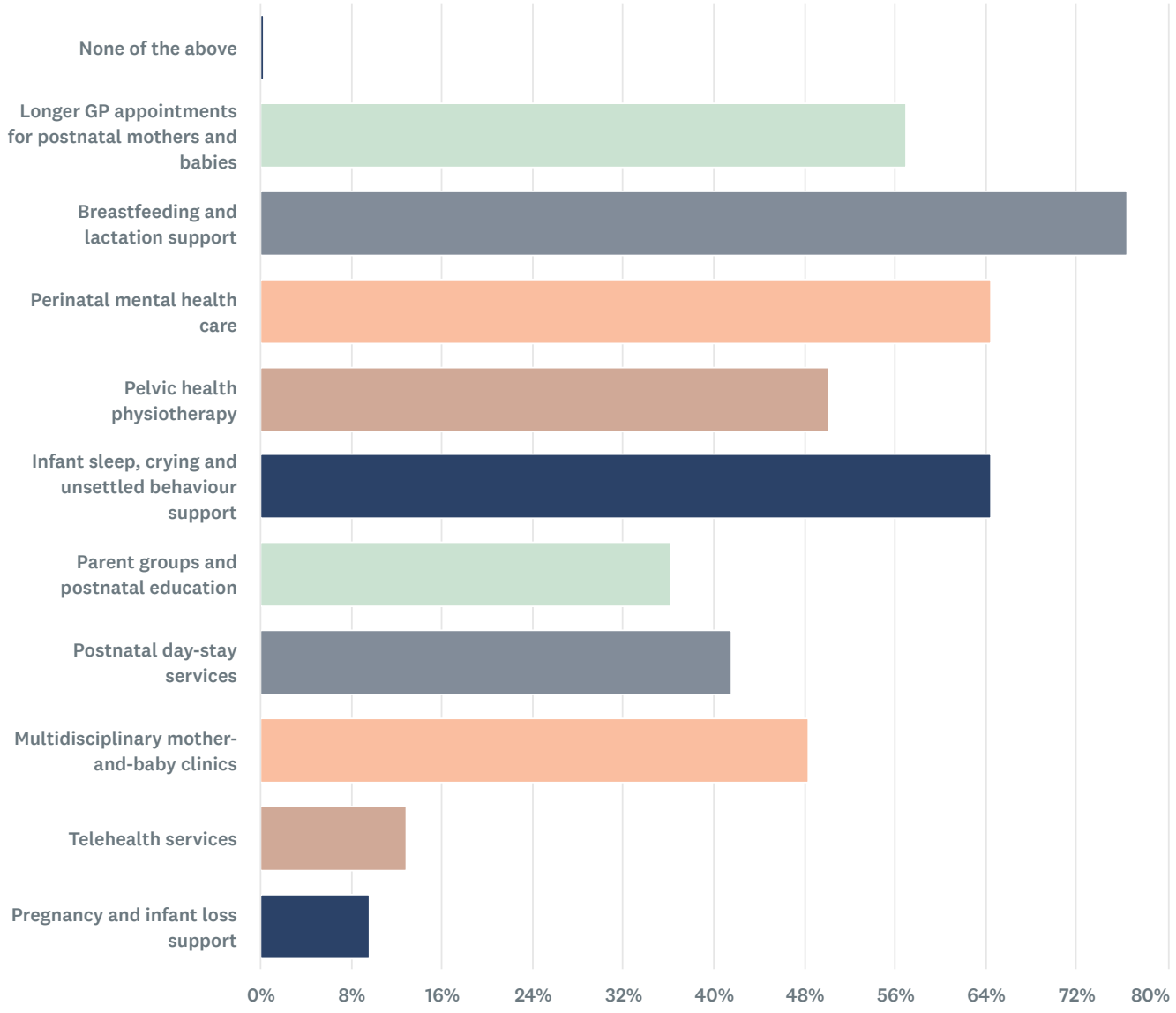
Birth, including the range of normal experiences and possible interventions or complications	21.66%	73
Contraception and sexual health after birth	4.15%	14
What practical and family support I might need after having a baby	38.87%	131
Where to seek help if I or my baby were struggling	32.05%	108
Pregnancy or infant loss	2.67%	9
I felt adequately prepared	9.20%	31
Total		**1167**

#	OTHER (PLEASE SPECIFY)	DATE
1	I felt prepared because I was able to access possums based education before my first baby was born. If that hadn't happened, I'm sure i would have struggled much more!! Especially with sleep and breastfeeding.	9/14/2026 11:12 AM
2	Realistic advice and not just what the baby 'should' be doing.	9/14/2026 7:35 AM
3	Education for my partner so it didn’t feel I had to manage everything	9/10/2026 12:42 PM
4	I also feel there is a lack in support for partners/family members to help support the mother. They simply don’t know what to do/say or how to help.	9/10/2026 12:35 PM
5	I felt the possibility of a c-section was mentioned but minimized by the repeated “only 1 in 3” catch phrase. An emergency c-section was was horrific and traumatising - the realities of which were never covered before the birth and in the moment I felt terribly unprepared. It was highly traumatic.	9/10/2026 2:39 AM
6	What may happen if your baby requires admission to a special care or NICU.	9/9/2026 7:46 AM
7	Functional care of a baby(nappy rash, bathing, transition to feeding solids, sleep, teething)	9/9/2026 7:30 AM
8	Emotional changes- rage, anxiety resentment	9/8/2026 12:00 PM
9	Relationship changes and challenges	9/8/2026 11:37 AM
10	Impact of baby on our relationship	9/8/2026 9:10 AM
11	I attended the courses offered at Ashford during pregnancy but looking back, the information provided was incredibly outdated.	9/8/2026 4:57 AM
12	I THOUGHT I was prepared but I was not.	9/8/2026 3:57 AM
13	My biggest issue was breastfeeding - I did an course antenatally and don't think any more preparation would have helped.	9/8/2026 3:05 AM
14	I am a researcher and over prepared, but I wish hypnobirth/calm birth was more available as it helped me so much. I also wish there was better family sized meal services available to help with the transition.	9/7/2026 10:52 PM
15	How incredibly important it is to have supports in place, especially for those who already struggle with mental health. I was incredibly prepared but appointments are only a few minutes and then you are alone again.	9/7/2026 9:52 PM
16	How difficult the transition from one to two children really is, especially with zero support.	9/7/2026 2:55 PM
17	How dads can really support and help with baby. The challenges with two or more babies	9/7/2026 1:29 PM
18	Where to find professionals that could support me that were aligned with my values	9/7/2026 12:46 PM

19	Not just breastfeeding support but baby feeding support generally. Mixed feeding options, transitioning to formula feeding if needed (how to do so safely and avoid mastitis). When I asked about these things I was just told “breast is best”. I understand that, and I BF’d both of my babies (first for 15 months and still BF my second) but when I was really struggling with it after the birth of my first child, it would have been comforting to feel equipped with alternative options (sans all the guilt that seems to be connected with potentially not breastfeeding).	9/7/2026 12:21 PM
20	Relationship adjustment/expectations	9/7/2026 12:15 PM
21	We did antenatal classes through Lyle McEwin with midwife Kelly. It was one night per week for 4-5 weeks. That was great. We also did a birthing course with Held Midwifery. Combined these information sources covered what we needed.	9/7/2026 11:55 AM
22	I was really incredibly lucky - between accessing excellent obstetric care at O&G and listening to a million episodes of Australian Birth stories, I felt well prepared. Probably the only thing I wasn't prepared for is that grandparental enthusiasm does not necessarily translate to day-to-day child minding availability. These are conversations I should have had with the relevant people before birth, just so I could have had more realistic expectations.	9/7/2026 11:43 AM
23	I didn't feel comfortable taking up Drs time for matters that felt trivial, but I have developed distrust of nurses via CAFHS due to wildly inconsistent advice	9/7/2026 11:22 AM
24	Where to seek help with mastitis or breastfeeding challenges	9/7/2026 11:02 AM
25	I felt adequately prepared but only because I explicitly sort additional information before giving birth. The bringing babies home and breastfeeding classes were honestly invaluable and I believe really shaped a very easy postpartum	9/7/2026 10:59 AM
26	Postnatal depression signs - what are normal emotions and adjustments and what is not	9/7/2026 10:08 AM
27	With the birth support with feeling as if I could advocate for myself and my needs.	9/7/2026 9:55 AM
28	I received conflicting advice from nurses, lactation consultants, CAFHS around breastfeeding/feeding and sleep	9/7/2026 9:45 AM
29	My ob was amazing, Dr Bellinge in Perth. Him and his team were incredible	9/7/2026 9:21 AM
30	I am a midwife, I thought I knew what to expect	9/7/2026 9:19 AM
31	I think the key is during pregnancy preparing mentally for what's to come. I felt the focus was on birth and not the adjustment to parenting/matrescence/change in identity/loss of self	9/7/2026 9:17 AM

Q5 335 responses

Which types of professional support after having a baby do you think should be prioritised for increased government funding?Select your top 5.



Answer Choices	Percentage	Responses
None of the above	0.30%	1
Longer GP appointments for postnatal mothers and babies	57.01%	191
Breastfeeding and lactation support	76.42%	256
Perinatal mental health care	64.48%	216
Pelvic health physiotherapy	50.15%	168
Total		**1545**

Infant sleep, crying and unsettled behaviour support	64.48%	216
Parent groups and postnatal education	36.12%	121
Postnatal day-stay services	41.49%	139
Multidisciplinary mother-and-baby clinics	48.36%	162
Telehealth services	12.84%	43
Pregnancy and infant loss support	9.55%	32
Total		**1545**

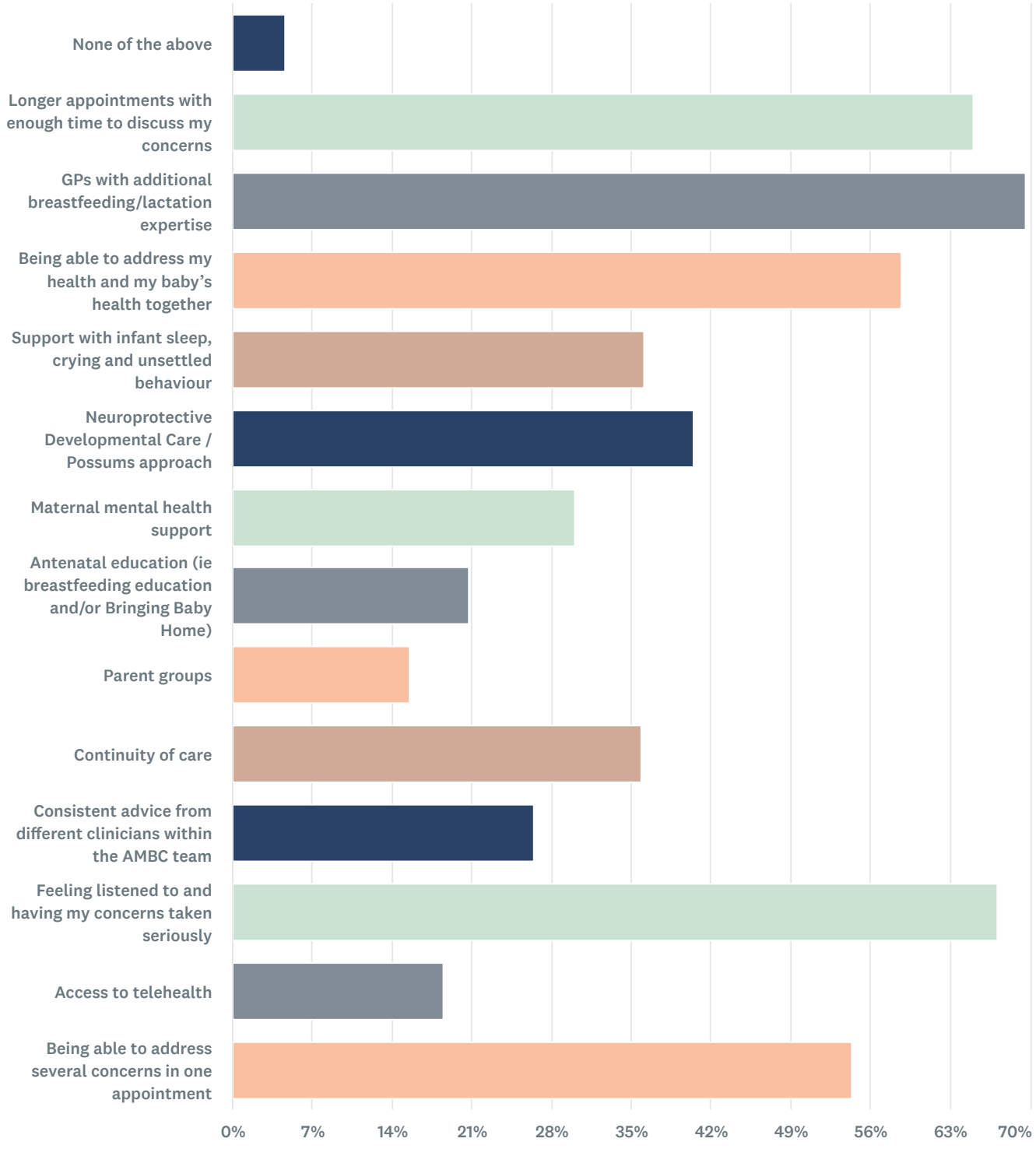
#	OTHER (PLEASE SPECIFY)	DATE
1	Occupational therapy is so ignored in this space. OTs have so much to add about practical ways to manage life with a baby and strategies to cope with the here and now problems.	9/15/2026 2:44 PM
2	All of the above are truly important and need as much funding as they can get. Picking just one or two is impossible.	9/11/2026 4:48 AM
3	Continuity of care midwifery services	9/10/2026 12:42 PM
4	Medical professionals being educated on allergies as I was told I was over reacting ivf parent and wasn't feeding properly admitted to hospital for them to observe baby due to failure to thrive and ended up being cows milk protein allergy finally worked out at 10 months old when went in for an op and her lungs weren't great	9/9/2026 10:54 PM
5	The whole CAFHS program needs a revamp. Too old fashioned and out of date.	9/9/2026 12:51 PM
6	OT services specifically for new mothers. Home visits to assess home environments for health/safety	9/9/2026 7:48 AM
7	People in post partum should get a GP plan (like a chronic condition plan) to use at a range of services for themselves. It is absolutely appalling that all women don't get offered physio after birth.	9/9/2026 4:37 AM
8	BULK BILLED IBCLC's for 6 weeks PP minimum!!	9/9/2026 2:22 AM
9	Occupational therapy	9/8/2026 12:00 PM
10	Current services being extended post 6 weeks	9/8/2026 9:10 AM
11	Prioritising and incentivising keeping GPs in practice. 2 of my (fantastic) GPs stopped practicing during my pregnancy and post partum which made care more difficult, particularly when we're talking mental health issues and having to re-explain and re-establish a relationship. Increase the Medicare rebate, allow them to make more time. Right now GP is not a sustainable profession and they are the back bone of our care.	9/8/2026 7:46 AM
12	Post natal mental health	9/8/2026 3:55 AM
13	I was lucky to be able to see a pelvic PT privately but this should definitely be more accessible.	9/8/2026 3:05 AM
14	Cafhs needs to modernize. I'd love to see them using the possums approach to educate families and set expectations. And family groups should be available to reoccurring parents as well not just first time.	9/7/2026 10:52 PM
15	Better in home supports	9/7/2026 9:52 PM
16	Practical support for new Mums, (ensuring Mums with a newborn and toddler are not excluded, as was repeatedly the case in my experience). Medical care that enquires about and shows genuine care for maternal mental health and coping.	9/7/2026 2:55 PM

17	Lactation consultants! Especially beyond 6 week. I had major pain ongoing with breastfeeding and mastitis and spent almost $1000 on private LCs	9/7/2026 12:55 PM
18	Appointments are rushed and not much thorough care provided. I am paying good money for a private clinic, so there is no reason for this to be my experience	9/7/2026 12:51 PM
19	GP appointments that can cover mums and baby in one appointment and not needing separate appointments	9/7/2026 12:46 PM
20	Telehealth services without lengthy wait periods	9/7/2026 12:26 PM
21	Midwifery home care.	9/7/2026 11:59 AM
22	We had a Mother Carer from Lyle McEwin Hospital who was amazing. This program should be rolled out across all hospitals. She helped with bathing, breastfeeding, car seat check and acted as a general sounding board. 10 out of 10 experience.	9/7/2026 11:55 AM
23	Continuity of care from the same midwife for 4-6 weeks post birth, as part of a broader continuity of care model during pregnancy AND post-partum. It wont let me select 'other' as well as the optioons above, but I would also choose breastfeeding and lactation support, multidisciplinary clinics, postnatal day services and infant sleep support.	9/7/2026 11:36 AM
24	Fully subsidised fees for mum and baby for the 3 months following birth. Also, xrays or scans as a result of the pregnancy/birth. We had the CAFHS nurse query hip dysplasia on day 6 visit, so because this happened after we left hospital we had to get a GP referral and pay private xray fees. If this forms part of the routine check, then this should be better supported. As a new parent we had limited income and already dealing with stress of a new baby and lack of sleep	9/7/2026 11:22 AM
25	Tongue tie issues with appropriately trained professionals	9/7/2026 11:11 AM
26	Support for fathers as they adjust to newborn life. His mental health plummeted because the first year was unimaginably different to what he expected. This dramatically worsened my mental health and experience, and affected his bonding with baby.	9/7/2026 11:05 AM
27	Psychosis help. I was discharged from public hospital 6 hours after giving birth even though I was already showing signs of psychosis. I had to present to ED that same night. Told by male psychologist it was ‘hormones’ and sent home. I paced the neighbourhood non stop.	9/7/2026 10:31 AM
28	Maybe digital communication platforms, when prepping the house/ baby/ myself felt too much so I just didn’t leave the house, but being able to chat not face to face may have been good, and flagged that I wasn’t coping earlier	9/7/2026 10:20 AM
29	There’s a gap in Adelaide for babies born in private hospitals. The WCH has an excellent drop on service for newborn checks and feeding support but the programs at private hospitals are very limited.	9/7/2026 10:16 AM
30	Postnatal mental health	9/7/2026 10:11 AM
31	Twin support	9/7/2026 10:09 AM
32	Models of care where birthing mothers can stay with or near their babies if their baby is admitted to NICU or SCU, particularly if it is a short or mid-length term of care and the mother is trying to establish breastfeeding. This would particularly include appropriate facilities for postpartum care of the mother in terms of beds, etc.	9/7/2026 9:59 AM
33	Second baby, had moved interstate away from previous “village” - no options for me to be with other families/mothers such as mother groups etc until I was ready to attend playgroups etc.	9/7/2026 9:43 AM
34	There was very little support for me as a parent, particularly as a mother, after my babies were born. Once discharged, there was no support to process the birth trauma, my baby being in NICU and special care, or the emotional impact of these experiences. I also needed women’s health physiotherapy for pelvic floor issues, C-section recovery, severe abdominal separation and recurrent mastitis with my second child. I was anxious, sleep deprived and overwhelmed. The first GP I saw (not at Adelaide Mums and Babies) focused largely on weight loss as the solution to my issues. Being weight-shamed was not helpful and did not address what I was experiencing. CAFHS may have asked some generic mental health questions, but I don’t recall any meaningful follow-up. There needs to be greater access to genuine postnatal mental health support, not just parent groups. CAFHS groups and support should be available for every child, not only the first, with parents actively connected to other parents and their communities to build genuine support networks.	9/7/2026 9:40 AM
35	I think if I had a better personal circle I would have been ok.	9/7/2026 9:21 AM

36	Connection with other new parents through a parent group had the BIGGEST positive impact on my life and still does 10 years later	9/7/2026 9:17 AM
37	Physio for c-sections	9/7/2026 9:14 AM

Q6 329 responses

Which aspects of the AMBC model of care have been valuable to you? Select all that apply.



Answer Choices	Percentage	Responses
None of the above	4.56%	15
Total		**1787**

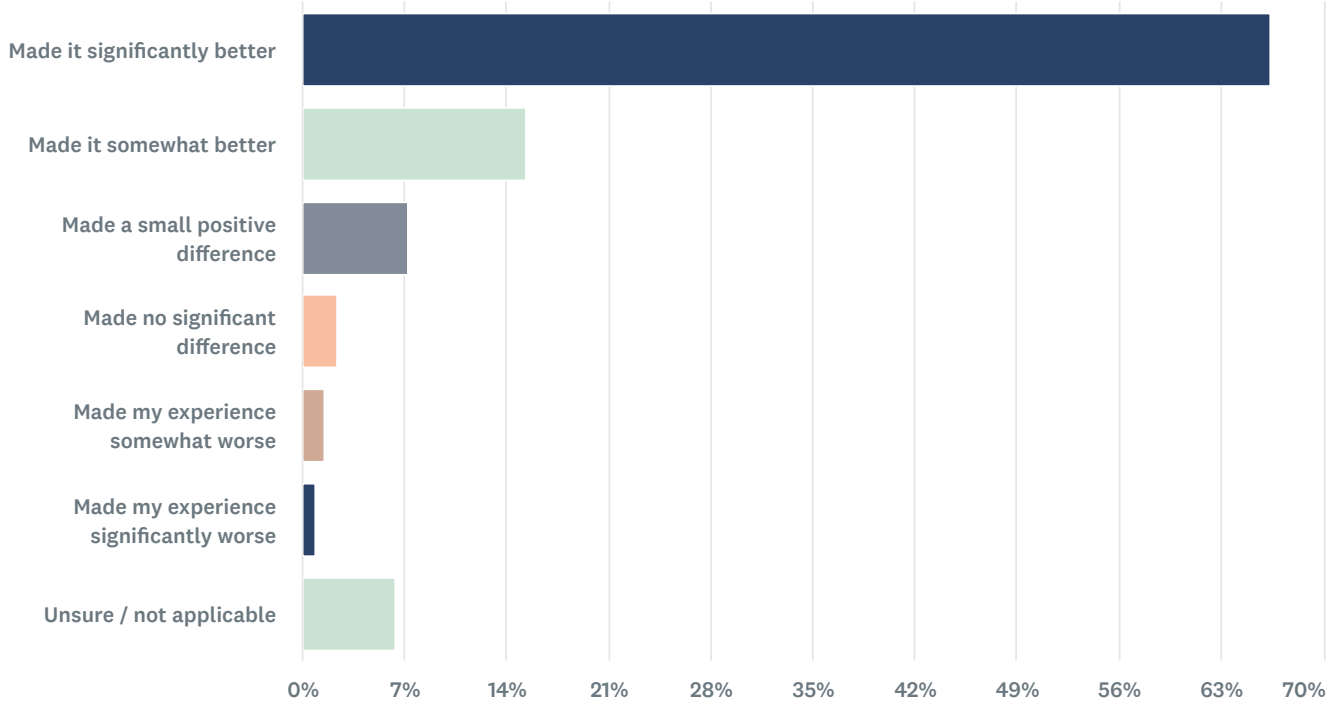
Longer appointments with enough time to discuss my concerns	65.05%	214
GPs with additional breastfeeding/lactation expertise	69.60%	229
Being able to address my health and my baby's health together	58.66%	193
Support with infant sleep, crying and unsettled behaviour	36.17%	119
Neuroprotective Developmental Care / Possums approach	40.43%	133
Maternal mental health support	30.09%	99
Antenatal education (ie breastfeeding education and/or Bringing Baby Home)	20.67%	68
Parent groups	15.50%	51
Continuity of care	35.87%	118
Consistent advice from different clinicians within the AMBC team	26.44%	87
Feeling listened to and having my concerns taken seriously	67.17%	221
Access to telehealth	18.54%	61
Being able to address several concerns in one appointment	54.41%	179
Total		**1787**

#	OTHER (PLEASE SPECIFY)	DATE
1	General attitude towards parents and baby was comforting and positive and supportive	9/24/2026 7:18 AM
2	I loved my experience with the team at AMBC, and if I am lucky enough to have another baby, I will not hesitate to return to their service.	9/11/2026 4:48 AM
3	I didn't use these services	9/10/2026 2:39 AM
4	Educated gps who want to help and care	9/9/2026 10:54 PM
5	N/A	9/9/2026 10:47 PM
6	After hearing many different 'opinions' re breastfeeding problems it was so valuable to know what I was being told at AMBC was based on evidence.	9/8/2026 11:04 AM
7	Invaluable being able to have one session for both mother & baby	9/8/2026 4:57 AM
8	Honestly AMBC Doctors and Jane changed my life and are the main reason I copied and my baby started to thrive and I got my sanity back plus pragmatic skills, advice, clinical care and my core parents group who still chat and support each other constantly on whatsapp	9/7/2026 7:27 PM
9	In my experience, despite multiple antenatal and postnatal appointment, I never had any GP enquire or show support for my extremely fragile mental state.	9/7/2026 2:55 PM
10	Affirmation, validation, and supporting my goals without judgment or trying to change my mind, particularly on wanting to continue BF despite severe nipple trauma, thrush, and vasospasms, and on cosleeping (emphasis was on risk minimisation, not trying to stop the inevitable, which is so important for safety!)	9/7/2026 1:22 PM

11	I know I said this before but Dr Sophie was invaluable for my post-partum journey. I can't say this enough but honestly, thank you!	9/7/2026 1:00 PM
12	I only came to AMBC when my child was about 2 for my own women's health needs	9/7/2026 12:12 PM
13	I love AMBC ❤️	9/7/2026 12:00 PM
14	Having GPs who take you seriously and don't make you feel like a crazy person!	9/7/2026 11:55 AM
15	I love that the team provide consistent advice and have such a wide range of support services. I trust that my baby is in safe hands, compared to my usual GP who is impossible to get an appointment with anyway	9/7/2026 11:22 AM
16	I was told my issues were not connected to my baby's tongue-tie and that I was the person with "pain" issues and was "unlucky". This made me feel like there was something wrong with me and made it slower to get the right support for my baby which was intervention from a Speech Pathologist and a Tongue-Tie release- this fixed the issue and stopped the pain. If we had been considered as a dyad and my intuition was heard this would have been worked through better and quicker without further complications. Instead, the approach that my baby was thriving just because they were not losing weight, and that I was having an "unknown" problem of "pain" due to my nervous system and being unlucky. This ended up in further reflux issues for baby down the line, oral dysfunction that was masked by a strong milk supply on my end and lots of rehabilitation for baby to move their mouth correctly and breathing correctly. At which point, reflux ended, pain for me ended, tension ended, her sleep improved, her tongue became stronger and her sucking pattern changed and was less jaw dominant and more tongue dominant.	9/7/2026 11:11 AM
17	AMBC were amazing 100%	9/7/2026 11:02 AM
18	Postnatal midwifery care and follow up	9/7/2026 10:53 AM
19	Briony	9/7/2026 10:50 AM
20	Receiving correct advice when it comes to medications safe for breastfeeding.	9/7/2026 10:36 AM
21	AMBC is the gold standard for postnatal healthcare	9/7/2026 10:23 AM
22	I'd like to say again the Possums approach did not help me.	9/7/2026 10:16 AM
23	Genuine care and comfort. The appointment was not rushed and the advice was invaluable at a very difficult time. I had reached out to other providers (doctors) for the same concerns but got very little advice	9/7/2026 9:58 AM
24	The level of current, evidence based approaches that support post birth and infant care.	9/7/2026 9:46 AM
25	We didn't find AMBC until our baby was a couple of months. As a first time mum wanting the best for my child I'm so thankful for a women's and Babies focused clinic. The lack of bulk billing has been a big financial decision but having continuity of care with a doctor who knows us both, and is skilled and up to date with the most recent research is reassuring and worth it.	9/7/2026 9:45 AM
26	I wish I came across Adelaide Mums and Babies sooner. It's the first time I feel heard after speaking to a dr and to actually get my concerns investigated. I feel my children are also in the very best care.	9/7/2026 9:40 AM
27	Doctors with up to date knowledge and understanding.	9/7/2026 9:37 AM
28	Being able to email was exceptional.	9/7/2026 9:21 AM
29	To be fair I'm 18 months PP now and dr hadgrath is just an angel. She is incredible	9/7/2026 9:21 AM
30	I didn't receive antenatal or postnatal care through AMBC	9/7/2026 9:17 AM

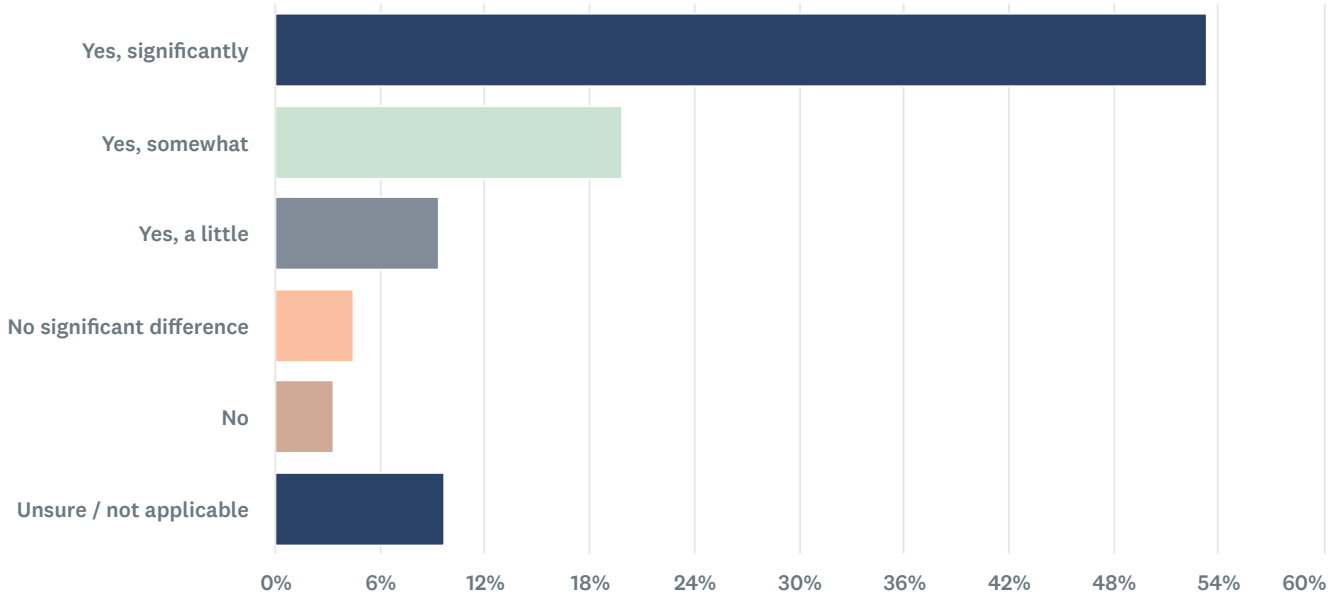
Q7 333 responses

Overall, what difference did receiving care at AMBC make to your postnatal experience?



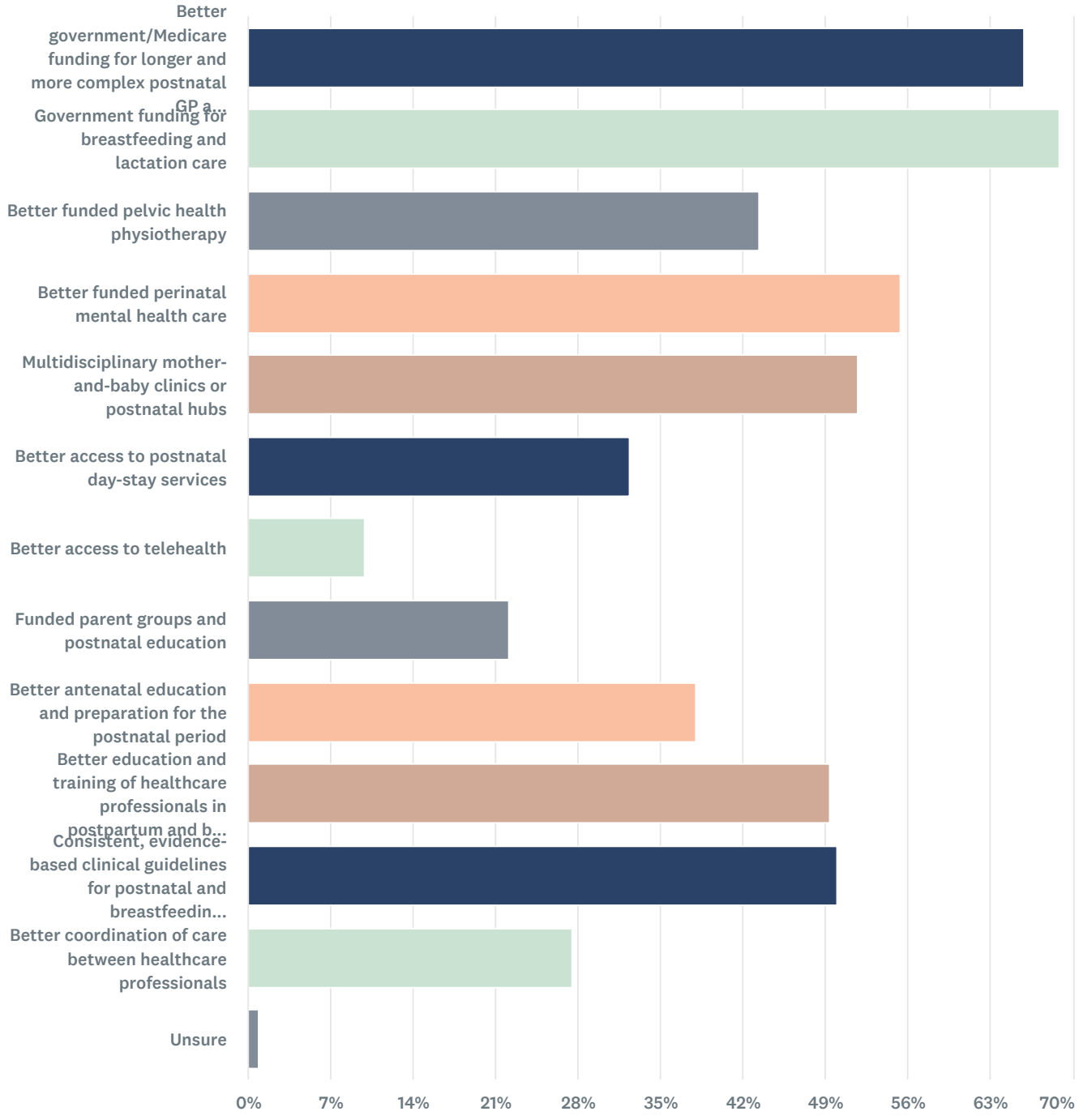
Q8 332 responses

Do you think the care and support you received at AMBC helped you to better enjoy the first 6–12 months of parenthood?



Q9 334 responses

What changes do you think would most improve postnatal healthcare for Australian women and families?Select your top 5.



Answer Choices	Percentage	Responses
Better government/Medicare funding for longer and more complex postnatal GP appointments	65.87%	220
Government funding for breastfeeding and lactation care	68.86%	230
Total		**1722**

Better funded pelvic health physiotherapy	43.41%	145
Better funded perinatal mental health care	55.39%	185
Multidisciplinary mother-and-baby clinics or postnatal hubs	51.80%	173
Better access to postnatal day-stay services	32.34%	108
Better access to telehealth	9.88%	33
Funded parent groups and postnatal education	22.16%	74
Better antenatal education and preparation for the postnatal period	38.02%	127
Better education and training of healthcare professionals in postpartum and breastfeeding care	49.40%	165
Consistent, evidence-based clinical guidelines for postnatal and breastfeeding care	50.00%	167
Better coordination of care between healthcare professionals	27.54%	92
Unsure	0.90%	3
Total		**1722**

#	OTHER (PLEASE SPECIFY)	DATE
1	Baby sleep schools	9/25/2026 8:37 AM
2	Occupational therapy is essential to be recognised in the space. A collaborative approach with physio, psychology , GP and OT	9/15/2026 2:44 PM
3	Better guidelines for dads of expectations. My husband was almost completely "hands off" and left most baby things to me as the Mother. Culturally its normalised if they are working lots.	9/13/2026 9:34 PM
4	Honeslty all of the above, I was fortunate enough to not need many of these, but to know they are available if needed would be a relief to any new parent.	9/11/2026 4:48 AM
5	Continuity of care midwifery services	9/10/2026 12:42 PM
6	Sorry I couldn’t keep it at only 5!	9/10/2026 12:35 PM
7	Better perinatal support for women suffering Hyperemesis Gravidum is needed. HG significantly increases the risk of postal depression and before coming to AMBC and seeing my private OB other GPS were not adequately skilled to assist.	9/10/2026 4:07 AM
8	The advice received about breastfeeding at the public hospital and public post natal care service was outdated. The issue was resolved in one appointment at the Adelaide mums and babies clinic. There is definitely a need for training and education within the public services available for mums who want to breastfeed. Also, it doesn't help when most nurses praise breastfeeding but are unable to provide the support to mothers...	9/9/2026 10:14 PM
9	CAFHS overhaul or put money into above care.	9/9/2026 12:51 PM
10	Funding for more sleep support specialists or schools	9/9/2026 10:51 AM
11	Funding for post natal mental healthcare	9/8/2026 3:55 AM

12	Access to family support - i.e. more paternity leave, or ability for another family member to take paid leave e.g. for single mums	9/8/2026 3:05 AM
13	Recognition of twin mums as a multiple birth	9/7/2026 12:00 PM
14	More women being able to access MGP home care during pregnancy and postnatally	9/7/2026 11:59 AM
15	I would love for more Mum's to have access to specialist clinics like AMBC.	9/7/2026 11:43 AM
16	Increased funding for midwifery group practises, which offer continuity of care before and after birth to women is ALL risk categories not just low risk women. This is evidence based best practise and what the majority of women want - unfortunately I've heard so many disappointed friends saying "I didn't get in" to their local hospital's group practise because demand far exceeds service capacity.	9/7/2026 11:36 AM
17	Better services available rurally	9/7/2026 11:35 AM
18	Better subsidies included GP and allied health	9/7/2026 11:22 AM
19	I went through 4 different sources of breastfeeding advice until finally the underlying issue was identified. The costs also added up making it not accessible for some.	9/7/2026 11:02 AM
20	Proper education for more GPs around medications that are safe for breastfeeding. Too many GPs have said certain medications are unsafe to breastfeed with when they are indeed safe.	9/7/2026 10:36 AM
21	Maternal Mental health taken seriously	9/7/2026 10:31 AM
22	Family support	9/7/2026 9:21 AM

Q10 If you could tell the Australian Senate inquiry ONE thing about postnatal healthcare — something that helped you, something that was difficult, or something you wish had been different — what would you want them to know?Please share as much or as little as you wish. De-identified comments may be included in AMBC’s submission to the Senate inquiry.

Answered: 227 Skipped: 113

#	RESPONSES	DATE
1	Better support in hospital for first few days and weeks for breastfeeding and alternate options including more one on one time with professionals with consistent advice and more awareness of when to seek further help.	9/24/2026 7:18 AM
2	Greater access to mental health support focused on PPD/PPA. Finding qualified professionals that were accepting new patients is very difficult and online/phone lines such as PANDA are useful but not the same as individual support	9/22/2026 11:55 AM
3	We need to urgently update training and consistency in health care in the perinatal period	9/22/2026 11:39 AM
4	A screening tool for those at high risk of postpartum anxiety/depression and also those who had experienced traumatic or unexpected incidents during birth. This can then be followed up with telehealth appointments with trained psychologist (where appropriate) and would be very protective for positive family outcomes.	9/21/2026 6:05 AM
5	Listen to women’s voices and needs.	9/21/2026 12:49 AM
6	I had babies in two different states 2 years apart and the difference in care was drastic. There is such inconsistent standards across both pregnancy and during post partum. There is such a barrier to get support postpartum with breastfeeding and your mental health. With my second child I felt much more confident to advocate and searched for the right professionals. The first time I really had to suffer through the first six months with multiple rounds of mastitis, infections, pelvic floor issues and post natal depression. The second baby I had a much better experience with feeding however ended up with postpartum preeclampsia. The home visit midwives were who picked it up and advocated for me to go back to the hospital. They saved me. Also then finding a specialist gp to help me this time with PND in a way that is sensitive and thoughtful, I’m in a much better place physically and mentally	9/15/2026 8:05 AM
7	You get so much focused care throughout pregnancy, and then after the baby is born it immediately drops off. But postpartum is a time when good, supportive care is so important. It shapes how women enter (or deepen) their motherhood, and their physical and mental health for years to come. It impacts the well-being of family units, and contributes to baby's health and development. It is so important, and there's so much that can be improved to support women, their babies, and their families.	9/14/2026 11:12 AM
8	Recommendation: Make the Adelaide Mums and Bubs Clinic model of care accessible through the public health system My experience with post-partum depression and anxiety showed me how transformative accessible, compassionate and unhurried care can be. The Adelaide Mums and Bubs Clinic provides an exceptional model of care, where doctors have the time to genuinely listen to mothers, allow them to express their emotions without feeling rushed, while also assessing and caring for their baby at the same appointment. I strongly recommend that this model of care be funded and expanded within the public health system, so that every mother experiencing post-partum depression, anxiety or other perinatal mental health concerns can access this level of support regardless of their financial circumstances. While Child and Family Health Service (CaFHS) provides an important and valuable public service, my experience was that it did not provide the same level of comprehensive, individualised care. Advice could differ between practitioners, and at times there appeared to be unrealistic expectations around how a baby should be sleeping and behaving. For a mother already experiencing anxiety and struggling with the enormous adjustment of new parenthood, being given rigid expectations about infant sleep or behaviour can inadvertently increase feelings of inadequacy, anxiety and failure. What makes the Mums and Bubs model so valuable is that it recognises that every baby and every mother is different. It allows	9/14/2026 7:35 AM

	sufficient time to understand the individual circumstances of the family, rather than applying a one-size-fits-all approach. Most importantly, the mother's mental health is treated as an essential part of the baby's wellbeing. My experience made me realise how desperately this type of service is needed. I was fortunate enough to access it, but access should not depend on knowing where to look or being able to afford care. The Adelaide Mums and Bubs Clinic model should be replicated and made freely accessible within the public health system, providing mothers with consistent, evidence-based and individualised support while caring for both mother and baby together.	
9	Access to care offered by clinics like AMBC can be completely life changing and should be more widely available.	9/14/2026 7:14 AM
10	Finding a lactation specialist who treated me and my child together and respectfully was critical in my post-partum journey for both children. In both pregnancies this was a GP with a lactation specialty and a wholistic care approach, where my infant and I had continuity of care (I moved state in between pregnancies and was not able to retain the same medical practitioners). I saw several different specialists for lactation support and baby weight gain in each pregnancy and received vastly different and conflicting information. Some of this advice (received in hospital post-partum) contributed significantly to low milk supply and weight gain issues in my first child. In both pregnancies much of the advice received at the hospital post-partum from midwives and nurses was actually detrimental to breastfeeding and did not appear to be consistent between peers. It took several weeks each time to find the right support specialist post-birth through my own research and advocacy. Post-hospital, specialist appointments were not always subsidised by medicare and so undertaken at a personal and not insignificant cost. Weeks do not sound like a long period of time - however when talking about infant weight gain it can be hugely consequential. The insufficient, and on occasion insensitive, support received in the early days post-partum contributed significantly to my poor mental health, which again was only alleviated after finding the right medical practitioner and lactation specialist who treated both myself and my child together.	9/14/2026 3:35 AM
11	If I hadn't had the support and advocacy of my excellent GP, who went above and beyond, I likely would have ended up in the ICU due to a severe abscess and mastitis. When it first started, I sort help from a hospital midwife as my daughter was still a patient on neonatal early discharge (i.e. at home) but the advice given not only was not evidence based it also led to my condition worsening. I then had awful in patient treatment at a maternity hospital who were not in anyway supportive of my infant accompanying me due to understaffing. I was also unfortunately provided someone else's IV medication in the post partum ward. I am lucky that I am an advocate and found a GP who supported me and immediately sent me to the emergency room due to my symptoms, and am lucky to only have had a one week stay as a result. Not everyone is so lucky or financially able to see a GP who will take that time.	9/13/2026 10:23 AM
12	No one really asked about my mental health through the different appointments I have had. I think this needs to be a standard question/assessmeny asked at every post natal appointment whether it be for mum or baby. I think i was asked about my mental health once at my 3 weeks CAFHS appointment and not again since.	9/13/2026 10:19 AM
13	The first few weeks to a month is especially hard because of the hormone changes and healing (even after a beautiful uncomplicated birth!) I think especially for first time mums, support during this time as you navigate post birth complications, try and establish breast feeding and somehow find answers to the many questions that arise, is needed. I found a lactation consultant who was also a midwife to visit me a few times in the first few weeks after giving birth with my first and she was able to answer any questions I had reguadring myself and my baby and I would highly recommend this for anyone postpartum (especially for first time mums). Not having to leave home and knowing any concerns or worries would be addressed in the comfort of your own home and within only a day or so after the problem arises, is better then trying to make an appointment with your GP etc and not being able to see who you are comfortable with or not being able to get in an appropriate time frame. Midwives visiting from the hospital is good but you see different people who have different opinions. I would recommend finding an experienced lactation consultant/midwife who you meet before you give birth! They are also fantastic for debriefing with about your birth story.	9/13/2026 1:48 AM
14	Breastfeeding support is so important and not nearly we enough funded. I paid out of pocket for a lactation consultant to get guidance on feeding even after having done a feeding course prior to birth. My daughter was readmitted for jaundice treatment due to my milk coming in late and all of it could have been avoided with better understanding and support.	9/12/2026 1:54 PM
15	My experience with breastfeeding was extremely challenging and stressful, more than I thought. We had many nurses and midwives during our long hospital stay, including a highly regarded lactation consultant, however none of them saw the issues I was having and one issue she was aware of and disregarded. It was only many months into my breastfeeding journey did I receive the advice and guidance that actually helped from a specialist at AMBC.	9/12/2026 12:45 PM

16	The importance of mum’s health and wellbeing in the postpartum period, and looking at it holistically. All mum’s need to have access to accessible and affordable care and support.	9/11/2026 4:49 PM
17	I was supported by an excellent GP throughout my pregnancy and then post partum. In the early weeks post partum, I had a lot of questions that I wanted to ask and she kindly allowed me the time to ask them, which I greatly appreciated. The idea that we would only come into appointments with one question, shortly after becoming new parents is not at all realistic. I felt through this process that there was a lot of information available relating to the birth itself, but nothing really provided about "what next" once the baby arrives. One of the most challenging topics to navigate as a sleep deprived new parent was infant sleep. The information out there is directly contradictory which is extremely frustrating when you are so fatigued. I would have appreciated an up-front run down of the major sleep approaches and their philosophy so I didn't have to go hunting in the general internet for this information. We eventually found our way to possums / NDC which has been really good for our family, but i only stumbled across it by accident. The space of baby/infant care is filled with anecdotes and "advice", but little to no scientific basis for any of these claims. It would have been really useful to have a platform that collates the body of scientific research around baby/infant care, with easy to suggest abstracts and organised in a user friendly way, so you can dig into the topics you are interested in and get evidence based information. I would have really appreciated this.	9/11/2026 1:45 AM
18	Woman need more support after giving birth and I feel this should be in home visits. Last thing we wanna do is go out to see professionals with little babies	9/10/2026 2:55 PM
19	There are so many charities supporting loss families better than the government is. They deserve more funding for the work they are doing.	9/10/2026 1:21 PM
20	It is imperative that women have access to to supportive, caring and knowledgeable doctors all through the prenatal and post natal period. Trying to have a baby, carrying a baby, birthing a baby and then looking after that baby are such difficult and life changing things, both physiologically and psychologically that no one can explain until it happens to you. Finding practitioners who are empathetic, supportive and empowering is difficult and usually comes at a significant cost. I will forever be grateful that I am in a position financially that I am able to see multiple practitioners for GP care, lactation support and maternal mental health as without these wonderful women I would not have been able to breastfeed my first babies or get through the loss of my last baby girl. More needs to be done to allow access to all mothers (and fathers) who need this support and remove the financial barriers that can come with being a parent.	9/10/2026 1:15 PM
21	Continuity of care midwifery support during pregnancy would have increased my confidence and decreased anxiety at a new parent. It is outrageous that I missed out on the best practice approach purely through luck. It’s un believable that women are expected to have positive birth experiences and go into parenthood with confidence when the midwife is someone they have never met before that day.	9/10/2026 12:42 PM

22	Postnatal mental health is a huge topic but it is one we can no longer afford to overlook. Having a baby should not mean being left to navigate some of the most challenging months of your life without adequate support. The services women need after having a baby simply aren't accessible enough. Waitlists are too long and there aren't enough specialised providers. Services such as CAFHS are already under enormous pressure, and even finding a GP who has the time, knowledge and capacity to specifically support postnatal mental health can be incredibly difficult. I know women who have chosen not to have a second child because of the mental health difficulties they experienced after their first. These are women who are wonderful mothers and who love their children deeply but whose experience of becoming a mother was so difficult that they cannot face going through it again. That is devastating. And it is a sign that our system has a hole in it. I believe there are 3 main areas that need funding and support from the government: - Postnatal mental health care. Women need prompt access to psychologists, psychiatrists and other specialised mental health professionals not months of waiting until they are past crisis point. - Breastfeeding support. Breastfeeding can be incredibly difficult, and the right support at the right time can make an enormous difference. Yet, affordable specialist support is far too limited. - Pelvic floor physiotherapy. Pregnancy and birth place enormous physical demands on a woman's body. Pelvic floor physiotherapy should not be treated as a luxury that only some women can afford. A Mental Health Treatment Plan can provide a Medicare subsidy for psychological services, but even with that support, the out-of-pocket costs can still be significant and 10 subsidised sessions a year is simply not enough for everyone who needs ongoing care. Affordable access for breastfeeding and postnatal physiotherapy are practically nonexistent. We invest so much in pregnancy and birth but we cannot stop caring for women once the baby arrives. Supporting the mother is supporting the baby. We need a system that recognises that the postnatal period is a critical part of maternal healthcare, possibly even more demanding than pregnancy itself.	9/10/2026 12:35 PM
23	If I wasn't apart of the Midwifery Group Programme I am sure I would have ended up with postnatal depression. Their support for the 4 weeks postpartum was so needed	9/10/2026 12:04 PM
24	More help or support for mums with premature babies who need to stay in hospital for extended amount of time More understanding and emotional support from all midwives I have found the levels of empathy changed drastically with each shift change I am studying to become a perinatal counsellor myself now after having three babies and think it would be amazing if all mums received a session with a counsellor as routine as the obstetrician coming and checking on them a counsellor should come and check on them as well I honestly think this could be life changing	9/10/2026 11:45 AM
25	In my experience at the hospital, if a lactation consultant had been present at the moment my baby first latched and during the first day after birth, I would have had a much better chance of establishing exclusive breastfeeding, and I might not have needed to supplement with formula due to dehydration and hunger. Midwives helped while I stayed in the hospital, but they are not experts in breastfeeding techniques and latching, which is a key set of skills for a really short window of opportunity for a long-term impact for baby, mum, family and society.	9/10/2026 9:19 AM
26	There is an overwhelming amount of misinformation regarding infant sleep and breastfeeding. If you are struggling and genuinely want to breastfeed and are not interested in triple feeding or relying on formula top ups. Knowing that there are skilled professionals put there who can support you by sharing the same information would help. Too often you receive conflicting information from different providers.	9/10/2026 4:07 AM
27	Better prepare users of the public health system for the chance of and what it actually means to have an emergency c-section. Better equip expecting mothers to know what should happen during birth and how to advocate for themselves (a mid-wife's opinion is not the same as a OBGYN's professional assessment) and provide better post natal care, including trauma support, both in and after hospital (throughout the 4th trimester).	9/10/2026 2:39 AM
28	Mums health matters too. We need to promote for mums to put their oxygen mask on first in the postnatal phase not just on a plane. Mums raise their babies.	9/10/2026 12:56 AM
29	It takes a village to look after babies. Wishes dads more involved in look after babies and more education for dad to understand what it is like to look after baby 24/7	9/9/2026 11:35 PM
30	Mental health support is needed for new parents navigating the total change in identity/self worth.	9/9/2026 10:47 PM
31	It really helped having a service available for both myself AND the baby. For us to be seen as a unit...not independent patients. Babies are fully dependent on and attached to mothers for a long time after birth and this should be refected in the healthcare protocol. The parents line is not spoken of enough.	9/9/2026 10:14 PM

32	The support for women's recovery from childbirth after traumatic birth. Often stigmatized and dismissed as 'vaginal birth'.	9/9/2026 12:45 PM
33	The knowledge and support from Dr Rhiannon particularly after having my first baby was the only thing that got me through my postnatal depression and anxiety and also the extremely difficult time of breastfeeding. I was so lucky through other technicians that I was pointed in her direction after begging for help. The quality of care she provided me AND my baby was exceptional. I'm really not sure I would have made it through without her. I had seen many lactation consultants and other GPs who just did not have the knowledge and told me to push through. I truly felt like I was drowning. After having baby, mothers truly feel spat out by the healthcare system. Making it really feel like a sink or swim time with no support or village. It's like a slap in the face and we have to scrounge to find the right and constant care. AMBC was a complete life saver for not only me and my baby but my entire family. I have now had my third and do not trust any other clinic when it comes to me and my family's mental and physical wellbeing.	9/9/2026 12:01 PM
34	Without AMBC I would have fallen through the cracks. I had 0 support when I needed it most. They supported me with a complex feeding journey, baby's health needs and post-natal depression. I looked forward to my visit to AMBC due to feeling like I was heard, supported with the best care. I believe every mother deserves and needs this style of care. Forever grateful for the team at AMBC and how they shaped my journey.	9/9/2026 11:57 AM
35	Without having a doctor who would address both my baby and my health concerns, as I was lucky enough to have, I would have forgone any appointments for myself and only attended for my baby. But the cost of havihg a double appointment was extreme and put me under financial stress for that pay period, I was not expecting it to cost that much. I have been very involved with CAFS and without them I would be struggling allot. Allot of the focus on mums and babies all dwindles to nothing after 3 months. I found not only do friends and family start to fade away but so does health care. But 3-9 months is also a very challenging time.	9/9/2026 11:32 AM
36	The mental load of being a mother is unexplainable and nothing has prepared me for this (I'm an obstetric shared care GP and despite my training and background, I did not expect the overwhelming exhaustion and struggles of the mental load especially with a low sleep needs baby). I wish there was more support re dealing with the mental load.	9/9/2026 10:51 AM
37	I was incredibly fortunate to be able to financially access AMBC appointments. General practitioners who are IBCLCs and NDC practitioners are the gold standard for supporting mother and babies, and need to be leading any team caring for parents and their babies. The government must prioritise increased Medicare rebates (and therefore lower patient costs) for long consults for postpartum consults conducted by GP/IBCLCs, make training accessible to GPs who have an interest in upskilling in this area, and desperately need to train CAFHS clinicians to provide information that is consistent with current evidence, and not dangerously out of date and inconsistent.	9/9/2026 7:59 AM
38	The postnatal period extends way beyond the first 6 weeks of your baby's life. You feel like you're left on your own and finding support is time consuming and expensive. Set against a backdrop of exhaustion and overwhelm it makes it incredibly difficult to actually seek out and find appropriate help. I was not expecting musculoskeletal problems to have such a huge negative impact on my experience and while many people have sympathy, no one offered anything that would help me do my job as a new mum at home in a way that would support my health and recovery. I have been offered the standard treatment for musculoskeletal problems when that does not work for a new mum. Thank you!	9/9/2026 7:48 AM
39	My baby needed to stay in the special care nursery after he was born however I was discharged from the postnatal ward. This meant there was a risk of not being able to stay overnight with my newborn. I was exclusively breastfeeding and it was incredibly important to me that I was able to be with him at all times. I strongly believe that hospitals should receive funding to support parents to be able to stay in hospital with their baby during such a crucial time.	9/9/2026 7:46 AM
40	Everyone looks at the 6 week mark like that's the end of the health issues for the mother. The baby can't thrive if the mother is not thriving so this arbitrary rule of "by 6 weeks you're healed" is ridiculous because it means you only consider the physical wounds. We need to look at the other factors, sleep, hormones, time to oneself, lactation, feeding yourself, dealing with birth complications. Are you aware that if someone is birthing within 18 months of having a previous baby they are put into a higher risk category? Your body and your mind and general wellbeing are not back to normal in any sort of way even at 12 months or apparently 18 months. There needs to be an understanding that the mother alone needs long term support and so does the baby. That's 2 humans that we try to push through a system very quickly. There is so much that happens in a short amount of time. Soooo much learning for the mother and father. Education happens so quick you can't even think. Then	9/9/2026 7:30 AM

	you receive 15 pamphlets and are expected to read them and take in the information. When? How? No one has time to listen because they are spending all the time trying to download information into your brain. It's a whirlwind. We need regular check-ins for at least the first year and we need it to be free. Vaccination, blood tests, Cafhs stuff... All needs to be done in one place or during the regular scheduled check ins. There needs to be an option to have some of these via telehealth and an option to have the option to not go to the ones that are not the big ones like (eg. Vax day) for the parents who have to work. There needs to be more support to connect with community initiatives like parent groups. Because it being written on a piece of paper isn't enough. Again when are you gonna read it? Too busy caring for the baby when you need the information the most. A complex is not a bad idea with all of these ideas integrated. And have it connected to a birth centre so that it's pre and post in one. The system is segmented and so are our minds. We cannot make it make sense by ourselves. We need to be shown the map	
41	All of your care before birth is leading to the birth. You get the information about after birth when you are sleep deprived, your body has been through hell, and you're meant to absorb this while your baby needs you more than they'll ever need you. The care comes from so many different places (gp, cafhs, visiting midwives, outpatient, private lactation consultants) and it's disjointed, there's limited transition or referral, to confusing and rarely fully meeting your needs or the baby	9/9/2026 4:37 AM
42	Make postpartum care more accessible & cost-friendly for women & families	9/9/2026 4:24 AM
43	Recommend having standardised advice about breastfeeding and infant sleep. I received cery conflicting advice in the first 2 months post partum.	9/9/2026 2:30 AM
44	Finding AMBC and Dr Rhiannon turned my experience of early motherhood and postpartum around completely. After months of feeling lost, I finally felt heard, seen and supported. All my concerns were validated and I was finally offered the care that myself and my baby needed. It turned out the issues were multifaceted and had slipped through the cracks at our regular GP clinic as First Time Mum worries and i didnt know were to turn after being continually dismissed. Having dedicated GPs that are experienced in mother baby care should be an essential service everyone woman/family is connected to prior to leaving the hospital after birth.	9/9/2026 2:26 AM
45	The lack of access to internationally board certified lactation consultant Care, especially cost-effective or bulk build services, is a significant barrier to breastfeeding. I spent a significant hundreds of dollars in order to Access Support from IBCLC’s in the early postpartum days as the hospital Support was significantly lacking.	9/9/2026 2:22 AM
46	During my 5 night hospital stay with my first baby (and again during my stay with my second) the staff I dealt with were absolutely incredible however each and every one gave me different advice. A lot of the advice was contradictory, and as a first time mother who was sleep deprived and overwhelmed that led me to a confused space as I felt I did not know enough to be confident in choosing which advice I wanted to take or ignore. In hindsight, I feel with more consistent advice across the staff I came in contact with, my feeding journey with my first baby could have been completely different. It wasn’t until my first appointment at AMBC and the care I received there that we got on the right track. Our first lactation appointment was long enough that both my baby and I were assessed, some real positive changes were made and my husband was included so both he and I received the evidence based education and that allowed him to support us at home. It was so beneficial to not only have the time in that appointment to be taught how to do what we needed to do, but the ‘why’ behind what we were being taught. We were very lucky to have the means to attend prenatal education classes at AMBC which set us up fantastically to understand what was “normal” infant behaviour so we were not sucked into allowing social media and archaic “ideas” to tell us what we were doing was wrong, and that our baby was faulty. We felt confident enough that we knew our baby, and what was best for our baby and our family, and we genuinely enjoyed becoming parents from very early on. During the stay with our second baby whilst we were just as exhausted, we had the knowledge base behind us built from our education and continued support at AMBC, and I had the confidence to stick to my choices as far as my breastfeeding journey - and confident enough to say no to advice that didn’t align with where I wanted my feeding journey to go. Thanks to our experience with our first baby, I understood the benefits of early lactation support and was able to book an appointment as soon as my caesarean date with booked in, and our journey this time has been more fluid and positive from the get go. Knowing where to go, and having the means to access that support and continuity of care truly made such a difference in ensuring our parenting journey has been a positive one.	9/9/2026 1:30 AM
47	I was very lucky to have found Sophie at AMBC that gave me and my son significant support as I navigated the post natal period as a new mum. I feel that there is so much misinformation out there on social media and from under qualified ‘professionals’ that do	9/9/2026 1:07 AM

	everything they can to ensure new mums feel like they need to ‘fix’ their baby or that they are doing something wrong. I don’t think there is enough support out there for new breast feeding mums, who majority of the time just need someone to tell them they’re doing a great job and help with their confidence, and simply increase their supply by drinking more water rather than triple feeding/taking meds/feeling under so much pressure. Infant sleep online is also something that needs to be a lot more heavily regulated, so many ‘professionals’ out there with terrible advice causing anxiety in mums and them obsessing over baby sleep and perfectionism. AMBC provide long appointments for new mums that cover so much in one appointment with scientific advice, more GPs need to do this and this needs more government support.	
48	Focus more on mothers, preparing them, giving them support, especially for the ones without a village.	9/9/2026 12:40 AM
49	Most GPs don’t know up to date/evidence based treatment for babies and give medication when not needed. They also don’t seem to have a deep knowledge of breastfeeding or sleep support (just very mainstream, conservative views). I won’t even take my kids to a gp that is not a specialist (like AMBC) because I don’t trust the advice. I will use the WCH urgent care and wait to see a doctor at AMBC because their advice is so bad	9/9/2026 12:13 AM
50	Breastfeeding guidelines that are consistent and actually grounded in evidence-based information. Antenatal education (e.g. bringing baby home) grounded in evidence-based information, particularly around sleep and NORMAL infant behaviour (in my experience, a lot of professionals appear to medicalise NORMAL infant behaviour which leads to unnecessary interventions and concern/worry for parents) - This is not in reference to AMBC support - you are all incredible and thank you for everything that you do!!!!!!	9/8/2026 11:55 PM
51	The effects of sleep deprivation is real and can lead to post natal depression. There is not a lot of information and assistance for new mums to take care of themselves and put themselves first in the first 3 -4 months post natally.	9/8/2026 3:44 PM
52	I gave birth at Adelaide WCH and despite staying two nights and three full days I left hospital without baby having had a proper breastfeed, even though I was desperate to nurse my baby. I did not receive proper breastfeeding support while in hospital. The Midwives in hospital after my baby was born all tried to be helpful and supportive but due to unrealistic patient ratios (why aren’t the babies counted as a patient in their own right?) they were run off their feet and there seemed to be no real continuity between shifts so each new midwife I encountered seemed to have no idea of the difficulties I’d been experiencing. Each time they would say “buzz us when you start a feed”, I would do so and the midwife who eventually attended each time seemed confused about why I was calling them. “Everything looks good, latch looks great”. Everything was not great and the latch was not good. I was a first time parent alone with my newborn over two nights on the ward and not allowed to have my partner or any support person with me. I was sleep deprived after a long labor and found it difficult to advocate for myself. Due to these early difficulties my baby gained weight slowly in the first few weeks. I was thankful to find a private lactation consultant who gave pragmatic and helpful advice. I started a triple feeding regime as I was committed to breastfeeding and there was a concern about low supply and baby’s weight. Through triple feeding baby gained weight like a champ and over time we were able to drop the formula top ups and pumping regimen. More than a year on I am convinced I did not have low supply, just poor breastfeeding support in those early days in hospital and at home.	9/8/2026 1:34 PM
53	My first birth resulted in ptsd, post natal anxiety and an inability to breastfeed my baby. I felt very little support with my post natal mental health, often hearing the line “as long as baby arrived safely” while I was mentally struggling. I had no idea what was normal adjustment versus post natal anxiety and depression. I felt disregarded by the medical profession and my birth trauma and it significantly impacted my mental health with my second pregnancy. I feel there is very little care for post natal mental health or if there is a traumatic birth (in my case weeks in hospital with pre eclampsia and ongoing blood pressure issues), a debrief of why that experience may be traumatic. My second pregnancy, a different obstetrician and AMBC helped me an enormous amount with connecting me to a perinatal psychologist to work through my first traumatic birth and took a lot of care with my mental health and helping me breastfeed following my second birth, allowing me to breastfeed for 18 months. This vast difference during my pregnancy and in post natal mental healthcare had incredibly positive impacts on my connection with my baby, overall recovery and mental health. Having two completely different births with different support systems showed me the difference it has. My message is we don’t do enough to support women’s mental health after a traumatic birth	9/8/2026 1:17 PM
54	One of the most valuable experiences I had in those early weeks of motherhood was an appointment at the Adelaide Mums and Babies Clinic. What stands out to me most is something that sounds very simple: I was given time. I didn’t feel as though my doctor was rushing to get to their next patient. They sat with me, listened, watched me breastfeed and	9/8/2026 12:59 PM

	provided hands-on support. I had been using nipple shields and wanted to transition away from them, and rather than simply being given advice, I was supported through it. I could feed my baby there, ask questions as they arose, and work through something that had felt difficult with someone beside me. If there is one thing I would want the Senate inquiry to understand, it is that time is healthcare. Mothers need time to talk, learn, be listened to and receive practical, individualised support. The care I received at AMBC showed me what postnatal healthcare can look like when clinicians are given the time and resources to support mothers properly.	
55	The severity that a woman's body and mind is completely underplayed. The complete 360 I went through after my 3rd baby derailed my first 12 months after having my baby. Even as a midwife I was caught off guard with the adaptions I would have to make to get through each day. I felt under supported by the wider community (supermarkets, libraries, cafes, restaurants) within this time. Even being told not to breastfeed my baby in a community funded swimming pool. Along with adapting to physical life with a prolapse and discovering a new ADHD diagnosis with a baby of low sleep needs was an extremely overwhelming year. Luckily I had the continuity of support from the AMBCS team over this tricky year to have found my feet 18 months after his birth. My GP was also able to support me with my older children's extra support needs with referral ls and emotional support of OTs and Speech Pathologists. I am greatly appreciated of the longer appointment times and the warm welcome I always received. This was important when I felt I couldn't turn up as I was during this first year at other community settings. Extra funding to make regular GP appointments is amidst at supporting mothers that are struggling with Matrescence!	9/8/2026 12:14 PM
56	Women get 9months of appointments, support and contact for their pregnancy .. then maybe one or two appointments after the birth of their baby, during the most emotional vulnerable and delicate time of their life when everything in their life has changed. That explains it all! Give them more!	9/8/2026 11:37 AM
57	The assistance I received after significant breastfeeding problems at first was fragmented and opinion based, and opinions contradicted one other, and didn't make sense according to my personal values. In the end I found some excellent evidence based advice from a NPC trained GP/IBCLC, which allowed me to feed and nurture my child the way I had hoped to, as this had been looking increasingly unlikely before I found this help. More breastfeeding support is absolutely needed, but there is so much bad advice out there, I would hate to see inaccurate and non-evidence based advice being subsidised by the taxpayer.	9/8/2026 11:04 AM
58	There is a serious knowledge gap amongst all the midwives that cared for me in hospital regarding expressing and fitting of breast pumps. The advice that I was given in hospital by numerous midwives caused trauma to my nipples and areolas that nearly ended my journey before it even got going. It seems apparent now that I have experienced this that their education tells them how to support either breast feeding or bottle feeding, but does not prepare them to support someone in the middle who cannot or does not want to latch their baby, but still wishes to feed expressed milk. I was repeatedly given incorrect information and advice about the sizing of pump flanges, and the hospital did not even carry flanges in appropriate sizes for me. Having since seen a number of IBCLCs, I now know that most women would not have been able to use the only sizes that were available in that hospital. If we want to get serious about supporting breastfeeding - including the provision of breast milk via a bottle - then we need to better educate the professionals that are meant to be helping women to establish their breastfeeding journey.	9/8/2026 11:00 AM
59	I attended my local CAFHS mothers' group, and unfortunately felt that the support provided did not adequately reflect the complex and varied experiences of new mothers. The nurse leading our group was not a mother herself, and while I recognise that professional training is important, I believe lived experience of motherhood can provide valuable insight when supporting women through the postpartum period. The advice provided felt quite basic and linear, with limited discussion around the emotional, physical and practical challenges that mothers can experience during this significant transition. I believe greater investment in postpartum services, including access to experienced mothers and professionals with strong lived experience, would help create a more supportive environment where new mothers feel genuinely heard, understood and supported. Government funding for postpartum care should recognise that the needs of new mothers extend well beyond basic health information. Mothers need personalised, empathetic and practical support during one of the most challenging and transformative periods of their lives.	9/8/2026 10:59 AM
60	I feel the success of my postpartum experience was primarily due to the privilege of education and good finances - being able to afford to pay for services like AMBC's care, private midwifery continuity of care, and antenatal education was a privilege that not all families have and they should be able to access that type of support still.	9/8/2026 9:10 AM

61	I think if a baby is identified to have issues in the first few months there should be a multi-D clinic for a collaboration of care	9/8/2026 8:43 AM
62	Mothers are more often managing without a 'village' these days and health services and care providers need to help fill the gap in supplying adequate knowledge about the 'fourth trimester' ahead of birth, as well as providing more cohesive and evidence-based support during that period to ensure the wellbeing of the mother in addition to the baby.	9/8/2026 8:01 AM
63	You need to Prioritise and incentivise keeping GPs in practice. 2 of my (fantastic) GPs stopped practicing during my pregnancy and post partum which made care more difficult, particularly when we're talking mental health issues and having to re-explain and re-establish a relationship. Increase the Medicare rebate, allow them to make more time. Right now GP is not a sustainable profession and they are the back bone of our care.	9/8/2026 7:46 AM
64	Womens healthcare is EXPENSIVE - it's such a shame when you have to choose whether to continue follow up with a physio or lactation consultant because you simply can't afford it! These are essential services and should be government funded for a MINIMUM of 6 months as they have significant impact on longterm health of mother and baby, and subsequent cost to the public health system.	9/8/2026 7:34 AM
65	All parents need proper post partum check ups and help. The medicalisation of birth is destroying the chance of positive birth experiences for women.	9/8/2026 7:31 AM
66	There needs to be more in-patient support services for parents where families can stay to get multidisciplinary care and more eligibility criteria covered - i.e under 3 years, not just 12months. Or on-going educational services to provide support for issues with sleep, attachment, feeding etc.	9/8/2026 5:56 AM
67	That post natal should include the years after birth wheras most mothers connect post natal period as the time immediately after birth. I would say 5 years later my "post natal" period of care, education and discovery is still going and still requires support	9/8/2026 5:43 AM
68	The biggest thing I would want the Australian Senate inquiry to understand is that postnatal care needs to be much more individualised and accessible, particularly when there are feeding, reflux, growth or settling concerns. There were many occasions when I attended healthcare appointments where my baby's weight and measurements were taken, and the results showed that she was not following the expected growth trajectory. Each time this happened, I sought advice and support from healthcare professionals about what it meant and what we should do. What I found difficult was that, despite the measurements showing that she was not tracking as expected, I sometimes felt that I was not being listened to or that there was not enough investigation into why this was happening. Instead, I was often advised to simply start formula feeding. At times, the way this was communicated made me feel as though I was starving my baby or that I was somehow failing her by continuing to breastfeed. I understand that formula can be an important and necessary option for some babies, and I am not opposed to it when it is clinically indicated. What was difficult was feeling that formula was sometimes presented as the immediate solution, rather than feeling that the situation was being properly explored and that I was being supported through the process. Having multiple healthcare professionals involved also meant receiving different opinions and recommendations, which was exhausting and confusing. I often felt that I had to advocate strongly for my baby and myself to ensure that the concerns identified through her measurements were taken seriously. Most importantly, mothers should not be made to feel guilty, judged or as though they are failing their child when they are seeking help.	9/8/2026 5:41 AM
69	Continuity is so valuable, both in the perspective of being able to see one GP for myself, as well as my baby and older children and in the perspective of seeing other GP's and health care professionals who share the same view point and give the same information. Conflicting advice is hard! AMBC is amazing, in both of these continuity lenses. There is also a general lack of services/options for complex breastfeeding or postnatal issues. Pelvic floor physiotherapy and women's health physiotherapists are greatly under resourced, especially outside of metro areas. As is postnatal mental health	9/8/2026 5:16 AM
70	I love that my doctor at AMBC understands that things like sleep, feeding and normal newborn behaviour ARE a health issue, not something to be dismissed as an average parenting struggle.	9/8/2026 5:07 AM
71	A woman's postpartum challenges don't end after her 6 week checkup. The lack of support across both the healthcare sector and the fact that partners are only provided with 2 weeks paid leave (aware this may have increased slightly since I had my last baby) mean a new mother is left to suffer alone most days.	9/8/2026 4:57 AM
72	It is the biggest shock, especially with an unsettled baby. It's overwhelming just trying to have dinner. Having community was incredible (parents groups) and cannot be emphasised	9/8/2026 4:49 AM

	enough the importance of parents supporting parents going through the same time.	
73	There is so much conflicting advice	9/8/2026 3:57 AM
74	I wish there was more support for women who were doing it without the support of friends or family. I struggled extremely with my mental health, and my babies did not sleep and they both cried all day long. I needed a break and help, but had no family that was willing to help and no friends to step in to do so. I wish there was support for these kinds of mums where they could have a day stay somewhere and have a rest. Where they received food and someone was there to help look after their baby, and they could just have a bed to nap in. Or support for mother's in receiving meals, cleaning, someone to help with unsettled babies or babies that didn't sleep. Night nanny services or day services.	9/8/2026 3:39 AM
75	We were discharged from the hospital before my baby was latching properly. We then had ++ difficulty establishing breastfeeding, and baby's weight dropped leading us to need top up formula feeds, pumping, and lots of stress. I still wonder if that could have been avoided if we had been able to stay on the ward for even just one more night? (Discharged 24 hours after baby was born)	9/8/2026 3:34 AM
76	I think that every mother should automatically be discharged with a mental health care plan. By the time I realised I needed help, the process of having to get myself to a gp, have the discussions, pay the fees etc, significantly delayed getting support. I think every mother should also have a consult with a mental health nurse before leaving hospital to help families know what to look for in the coming months regarding maternal mental health.	9/8/2026 3:03 AM
77	Helpful - having public and private access to different services. Free every pregnancy appointment I was reminded of what services would be available and I did use some of them when needed. I felt resourced and not having to research in the midst of the issue. Difficult - having breastfeeding issues/mastitis at nine months postpartum, there were absolutely no services available to me for that support. All of the publicly serviced hotlines or clinics only support breastfeeding issues from newborn to 12 weeks. I had to call and beg for an appointment at a private clinic, which was expensive and stressful and I was made to feel like breastfeeding is not cared about after the three months postpartum. Different - mother or support groups that are not just peers. Having wise, educated older women facilitating the groups would have been more helpful than just having a mother's group, where comparison and competitiveness occur. Continuity with these groups for months up to years would have been so supportive.	9/8/2026 2:55 AM
78	The low rate of government funded paid parental leave is a significant barrier to women accessing postnatal healthcare, even with private health insurance. The 'gap' cost to access postnatal women's health physiotherapy is a significant barrier to receiving care in the postnatal period.	9/8/2026 2:53 AM
79	Seeing a GP with IBCLC accreditation was what really helped me as they gave me evidence based advice, actually cared about me and baby and didn't feel rushed. It costs a lot but mainly because the government is not putting enough rebates for complex consultation. It would be very helpful if government increase the Medicare rebate to what it should be, as per AMA recommendations so that the cost doesn't go to the patients like myself instead. Pay your GP wisely, and if not, the patients are the one who will suffer.	9/8/2026 2:51 AM
80	AMBC was honestly a huge help! I had a lot of trouble in the hospital with a very sick baby (sepsis) and was sent home early with no answers about his symptoms or how to manage them at home. I saw a doctor at AMBC who referred us to 2 specialists who we saw the next day. My son was put on oxygen therapy and I truly believe it has saved his life. The public system was atrocious to deal with. There was no continuity of care, concerns were dismissed and we were not allowed to stay in hospital to receive appropriate care (I was sent home 5 hours after delivery despite asking to stay for help). We now have ongoing healthcare costs as my son is seeing private specialists. We don't really have the money for it, but have family helping financially to ensure our son is actually cared for as the public system has failed us. There needs to be much better postnatal care of both Mums and babies. They need to be granted more time and have someone who is highly skilled and trained addressing their needs and concerns. Mental health and support around relationships of families going through a difficult adjustment needs to be better too. I'm very grateful for having AMBC to go to for myself and my son and very grateful to our family for paying for us to do this.	9/8/2026 2:44 AM
81	A service such as CaFHS is excellent and truly useful, to have nurses ready and willing to listen and help. However, their advice seems outdated and not aligned with current evidence-based practices. Specifically when it comes to sleep, I never heard the mention of 'sleep pressure' from CaFHS, I was only informed of rocking techniques, feeding advice etc. There is so much information (and misinformation) out there openly available to new parents, that having some updated and evidence-based advice would be so much more useful. In addition, the sleep consultancy industry mixed with social media allows for all sorts of	9/8/2026 2:26 AM

	misinformation to be spread about sleep, developmental expectations/milestones etc. This info is being targeted at vulnerable, tired new mums and often leads to more pressure, incorrect advice, none-evidence-based advice. Suggestion to explore an accreditation program that would ensure sleep consultants had actual training and evidence-based background to provide advice from.	
82	My baby was delivered 6-weeks early meaning he had a a 3-week stay in NICU and then in WCH for sickness. The PTSD and Trauma faced by this time impacted me and my partner's wellbeing and mental health when bringing baby home. To top that, my partner used his annual leave while baby was in hospital meaning when we got home, he only had the Centrelink 10 days paid parental leave. The government give partners MORE paid paternity leave would have supported our transition in a multidisciplinary aspect including mental load, baby development, postpartum care, our trauma and mental health. Please consider that partners need and want to be involved in the maternity leave to learn how to be Dads/parents and how they can support their partner in the process. I am so thankful for the time, patience and care I was given in these early days through AMBC. They listened, were advocates for me and my baby and always took my concerns seriously.	9/8/2026 2:22 AM
83	Terrible experience healthcare I had pre eclampsia, I slept 45 mins the night after birth. My partner wasnt allowed to stay at the hospital to help so I could sleep. -A nurse said "theyre thinking itll be Eclampsia for you next" then didnt explain what that meant so I sat up all night terrified and googling. - I was discharged too early and had to be readmitted 3 days later for sky high bp. - A midwife visited me at home and told me my bp was 170/110 and didnt tell me that was dangerous or to go to the hospital (I went on my own the following day again after googling) - I told hospital staff I was getting very anxious and down and they said " relax for your bp so you can go home and "oh thats no good" with no follow up care on concern - A maternal health nurse at 5 wks told me my babies tummy issues were " because im stressed and hes perfectly happy with dad holding him" I felt ashamed and that I was doing something wrong. -I gave my hospital discharge notes about my pre eclampsia and bp to a dr, he didnt read them and said just get the front to scan it. - I was never checked down there after birth to see if my slight tears looked ok. -I wasnt told the signs of pre eclampsia to look for initially during pregnancy and was sent home after check ups with high bp. -I didnt know pre eclampsia didnt always resolve after birth and didnt check my bp once home - No one told me at 34 wks I had pre eclampsia and no one sat down to explain it to me, I overheard the nurses at changeover. My post natal care or lack of greatly influences my decision that I may not have another. Lifes great now but it was harder than it needed to be in the first months. I wish I found AMBC during pregnancy and post natal period. They genuinely care and I feel safe , heard and cared for.	9/8/2026 1:42 AM
84	CaHFS midwives and nurses need better training around communicating with new parents. We felt that they lacked emotional intelligence and empathy in their communication making us feel inadequate and unsupported. AMBC have been the complete opposite and we felt like our doctor assessed our baby as an individual not just based on stats and graphs. It would be amazing if quality perinatal services like AMBC were more accessible for everyone from a cost and location POV.	9/8/2026 1:38 AM
85	There is so much noise around feeding and as a first time mum it’s so hard to know what to follow especially as someone mixed feeding. Education on both breast feeding and formula feeding was readily available but upon leaving the hospital where they suggested combo feeding in my case there was little to no support on expectations and what to do	9/8/2026 1:36 AM
86	I would love to see one or two free appointments with a lacation consultant within the first month of baby's life. Breastfeeding was by far the hardest part of my postpartum experience and it was only because I was proactive and continued to seek assistance with lactation consultants that I was able to continue breastfeeding. This in turn had a huge, positive impact on my mental health to be able to successfully and pain-free continue breastfeeding.	9/8/2026 1:08 AM
87	I was having a miscarriage and the way that was handled at the hospital was not great. I was left sitting in the ED for hours with mums coming in in labour and it made it very stressful to know I was there to confirm a miscarriage watching other mums ready to give birth. I wish there was a separate waiting area that was a bit more sensitive, I don't blame the WCH for being so overrun, but it didn't help. I had to go to Torrens House for sleep support with my second and I found that whole experience very helpful and wish it was better advertised and offered for my previous pregnancy (however it was covid so it likely wasnt being run) and I needed more information from medical professionals rather than hearsay from mums in other mums groups telling me it was a cry it out space. (it wasn't for me) I had really great support from the GP there who helped me to realise I was still very much in the depths of PPD and helped me with medication and psychologists' appointments. I wish it was easier to find psychologists specific to post partum and parenting and having to pay $220 out of pocket while on maternity leave means it's pushed to the bottom of the list of things I could spend the limited amount of income I had. You have to have the money sitting in your	9/8/2026 12:41 AM

	account even if you have a mental health care plan to get the $100 back from medicare. My normal GP is great but when she has a 12 minute appointment slot and I have to book 3 weeks out I feel like I have never been able to get the care when I need it. I absolutely love the Mums and Babies clinic but the pricing is so out of reach for myself, I understand that you get what you pay for but it's difficult to justify an appointment when you don't really know what the outcome will be, $100's of dollars to be told it's just a cold or just a wait and see or come back again in two weeks if it isn't better.	
88	Midwives using anecdotal evidence to inform me of breastfeeding techniques left me with poor latch issues. AMBC LCs follow evidence based support and solved a 2 week problem immediately using the possum approach. More midwives need to follow evidence based approaches. I did do the AMBC breastfeeding class too but being sleep deprived and stressed I needed that one on one support. My LC appointment was the best money I ever spent during my fourth trimester and their entire approach to nurturing has given me confidence in my child's upbringing and how I parent.	9/8/2026 12:33 AM
89	Women need to have a post natal plan for when they have the baby. In this plan it needs to have contacts for all reason like- metal health, feeding, sleeping etc. once you click on a plan you need support with you are automatically booked in for multiple appointments close together to help solve the issue. Medicare also needs to cover more costs. Women and babies are so vulnerable at this time. Especially if they don’t have family support. We need to know someone is there for us and to support us on this really emotional journey!	9/8/2026 12:10 AM
90	MUMS NEED MORE HELP THEN YOU THINK	9/7/2026 11:40 PM
91	What helped: consistent evidenced based advise and feeling heard and listen to. What didn't help: feeling dismissed, things that were impacting me that were brushed off as 'normal'. Providers (ie CAFHS) providing outdated or impractical advice and just not having the knowledge or postpartum care (example the nurse didn't know what a 4th degree tear was- to me this should be at minimum baseline knowledge considering how common any perineum tears are) I wish that access to care was more streamlined. I was also pushed to 'go private'. I was already paying for gp, physiologists, lactations consultants, colorectal surgeons. It cost me thousands of dollars. To me if an injury happens in the public sector, that hospital should be held responsible to treat it! I was also discharge from the public physio service when I reached 12months. There was no consideration if I had met goals, healed properly or had a minimum number of appointments (multiple appointments were cancelled and if I hadn't pushed to be seen in would have had 2 appointments in 12 months when I should have been seen at least 4 times)	9/7/2026 11:23 PM
92	With both of my children I had breastfeeding issues. I was desperate to breastfeed my first child and Dr Rhiannon’s lactation appointments were the only reason I was able to breastfeed in the end. She went above and beyond by emailing on weekends to check in on our progress and my mental health. My mental health would have been a much bigger concern if not for the longer appointments and her knowledge.	9/7/2026 11:03 PM
93	Myself and 2 friends had babies around the same time, all at different hospitals in SA and with support from different doctors. Our entire experiences of before, during and after birth were completely different. I felt that my journey was very relaxed and easy as I had the support of AMBC, my two friends both had stressful and dangerous experiences during and after the births of their children. I feel that I was able to enjoy that time of my child’s life due to the support I had through AMBC. No one should have the joy of that time taken away from them purely due to lack of communication, medical staff that are under too much pressure to be able to care for their patients correctly and be left to struggle afterwards due to lack of resources.	9/7/2026 10:21 PM
94	I did all the right things, asked for help and assistance from the appropriate professionals and it did worse for my mental health because I was constantly ignored, minimised and financially impacted until I just gave up.	9/7/2026 9:52 PM
95	If your baby is not ‘straight forward’, as they rarely are, and you don’t know where to access support or have the funds to do so, both your and your baby’s health can be significantly negatively impacted. I had a very challenging baby with weight gain issues, aspiration, additional needs, and I was able to afford the right support and choose the right clinicians because I work in the space. I also had the confidence to push back on professionals with less evidence based working (not those from AMBC who held me together!!) because of the AMBC support and my own training. I felt well supported throughout and was able to navigate a difficult situation reasonably well. Though if it was any of my friends/general community in this situation I have no doubt the outcome would have been very poor for their own mental health and for their baby’s physical health. The right support from people who know exactly what they’re doing in the space is vital.	9/7/2026 8:46 PM

96	The antiquated knowledge in the area of breastfeeding provided by midwives made the start of my breastfeeding journey horrendous. Thankfully the GPS at AMBC had trained professionals and could salvage the situation before it was too late	9/7/2026 8:12 PM
97	More AMBCs. Not just saying this. More scientifically literate Doctors who understand women's health and listen to women and investigate and explain their baby's health and well-being. I'm so eternally grateful that my Mum knew about the clinic.	9/7/2026 7:27 PM
98	Being able to see one doctor who treated myself and my child as “one” made all the difference to me during our breastfeeding journey. We have been very lucky to have an amazing GP, Paediatrician and Obstetrician however they are all about half an hour drive from us because there are simply no good doctors in our area (living in the suburbs not rural) who have their books open to new clients.	9/7/2026 7:12 PM
99	The one outstanding (positive) experience post a birth that went difficult as a first time mother was the Torrens house 3 night stay which addressed significant breastfeeding issues, poor mental health after an emergency c-section followed by psychological distress with a special care unit admission straight after birth where I felt powerless and that the concerns I had for baby were dismissed in hospital and often cold- heartedness towards the situation regarding mother-infant separation straight after birth. Also many decisions made by staff which ultimately severely impacted being able to breastfeed. Significant cost required to see multiple health professionals to be able to breastfeed and seek advice. Ultimately, a CAFHS nurse who spent a lot of time actually listening to issues made a referral to Torrens house for support. Torrens house stay addressed all these with practical hands on breastfeeding support provided by Torrens house, in-house psychological support which addressed birth trauma and ultimately saved my breastfeeding journey plus my sanity with supportive and caring staff teaching triple feeding, plus being able to have a physical and mental rest whilst there which allowed much healing to occur. From a distressed, exhausted and traumatised state, I left Torrens house more positive and confident as a first time mum and had support there which allowed me to eventually reach my breastfeeding goals and find some peace from birth trauma. The initial CAFHS nurse then spent almost 3 months giving weekly support with breastfeeding and postnatal support which ultimately changed my outlook on motherhood to a positive confident experience which I then took on for subsequent babies.	9/7/2026 5:48 PM
100	Affordable access to both mental health and pelvic floor physiotherapy support through pregnancy and post partum would have had a major impact on my ability to care for my child, return to work and exercise.	9/7/2026 3:04 PM
101	I wish my pregnancy and postpartum struggles were not seemingly invisible to healthcare professionals.	9/7/2026 2:55 PM
102	We need access and availability of services to support new mothers, their journeys and lay the foundation of tgeir villlage. Must priotise the mithers well being in all aspects from mental to physical health	9/7/2026 2:45 PM
103	CAFHS needs an overhaul. Women need more facilities, like Helen Mayo house for instance, that are available to provide additional supports.	9/7/2026 2:10 PM
104	I was lucky enough to be on the 1to1 program at my local public hospital (Gawler Hospital, SA). This meant I had the same primary midwife for antenatal care, the birth, and postnatal care. The continuity of care made such a huge positive difference to my experience. It enabled me to build rapport with my midwife and to feel safe at such a momentus and vulnerable time in my life. I felt listened to, cared for and advocated for. It also helped me to process the birth experience afterwards and really supported my mental and emotional health (and general birth recovery) in a positive way. I cannot speak more highly of this program and it would be fantastic for more funding to go towards these programmes.	9/7/2026 2:05 PM
105	It takes a village to bring up a child, but our society has lost this. A lot of new mums and dads don't have this. To be able to access this would give parents so much.	9/7/2026 1:41 PM
106	This is probably small in the grand scheme of things, but when I had an incredibly challenging and painful breastfeeding journey, I hated when well-meaning health professionals told me it was okay to stop because “when she’s grown up it won’t matter if she was breast or formula fed”. It mattered to ME. I understand some people need permission to stop breastfeeding because they feel like they have to keep going when they don’t want to. But I desperately wanted to, for many reasons, and the health professionals who validated that and found a way to help me continue made far more of an impact to my overall postpartum mental health than any of the providers who told me it ‘didn’t matter’. Seeing specialist GP/LCs at AMBC made a world of difference to this BF journey. It did come at a cost, which was worthwhile to me, but I’d love to see more GPs qualifying as LCs and for more funding for postpartum women to access this kind of support.	9/7/2026 1:22 PM

107	Motherhood in today's society is incredibly lonely and rife with conflicting information, criticism and pressure. The majority of the modern world doesn't support mothers in a way that meaningfully helps.	9/7/2026 1:20 PM
108	Pregnancy, birth, postpartum and matrescence are life altering. The healthcare for this period in a woman's (and baby's) life NEEDS to be up to standard to assist with this. I have spent a ridiculous amount of my own money on pelvic health physio dealing with a prolapse and psychology dealing with postnatal depression and anxiety, let alone general postnatal and baby care. Australia needs to do more to support the birth and raising of the next generation.	9/7/2026 1:06 PM
109	If I could tell the Australian Senate inquiry one thing, it would be that postnatal care needs to support the mother as much as the baby. My last 12 months have been incredibly difficult. Following a C-section, I experienced a spinal fluid leak that caused debilitating pain. When I contacted the hospital because I suspected a spinal leak, I was told to try caffeine and "enjoy a coffee." I was in so much pain that I wore earplugs to block out my newborn's crying because I simply could not tolerate the sound. I eventually required a spinal procedure/patch to stop the leak. This all occurred within the public health system, where I also had to constantly advocate for myself. I had hoped for continuity of care with my country midwife, but because I did not give birth at my local hospital, this was not possible. At a time when I was vulnerable, in immense pain and caring for a newborn, I found myself having to fight to be heard and access the care I needed. Eventually, the physical and emotional toll contributed to postnatal depression. I was fortunate to access support through the Mums and Babies Clinic, which made a significant difference to my mental health and recovery. My experience has shown me that mothers need accessible, coordinated and ongoing postnatal care. We should not have to reach breaking point, or fight to be believed, before we receive appropriate help. Every mother deserves to be listened to, supported and cared for especially when things don't go to plan.	9/7/2026 1:06 PM
110	I wish there were more centres that like AMBC at less cost. The health professionals and swrvic at AMBC made my journey feel somewhat more at ease. And I found myself wanting to go just to chat it out with my GP and get evidence based answers I could trusr. I would have gone to AMBC if there were more available appointments at shorter notice and if the appointments were less costly. I believe the education, help, support, and treatments me and my baby received at AMBC would be invaluable to all new mothers especially but second/third time mother's as well.	9/7/2026 1:00 PM
111	I have said enough in my previous comments, so to add to that - the parent group (for unsettled babies) has been such a great source of comfort and information. Seeing that there are others whose babies always cry, that there are other mums fearing to leave the house... it's been such a good support on top of the services by Dr Sophie. Also, our babies are now turning 4yo and we still catch up and are in contact! Such a great initiative, I'm glad we had to funds to use the services!	9/7/2026 1:00 PM
112	Mental health support increase to acknowledge the resurfacing or triggers from the significant changes during the time	9/7/2026 12:59 PM
113	Postpartum is more than the first 6 weeks yet this is where funding ends for private midwives and lactation consultants.	9/7/2026 12:55 PM
114	Finding doctors with a high level of experience and expertise, in babies, postnatal care for mothers and also feeding/ sleep issues was invaluable. Longer appointment times meant we could cover multiple issues in one go, and left us feeling heard, understood and cared for. Receiving breast feeding support from my gp meant there was proper follow up and continuity of care. In my experience, feeding issues go hand in hand with infant sleep issues. Both of which together create vulnerability to maternal mental health issues. Good care has to cover all these issues together. Treating each issue with a separate provider makes no sense and means ineffective, inaccessible and expensive care.	9/7/2026 12:49 PM
115	There are so many different health care needs with a new baby. Paediatrician for baby, OBGYN post birth checkup, cafhs appointments, vaccinations, gp appointments to get mental health care plans, psychologists, lactation consultants, specialist gps for breastfeeding support. I'm grateful to be able to afford to see all these specialists to get the help we need. But some days it feels like I am drowning in appointments (particularly add the needs of an older child). And many of these services are not covered by Medicare. The wait times for many services are extensive, and sometimes you just need them now. Being able to centralise these appointments and have professionals adequately trained in perinatal care (and not offering outdated and damaging advice) would be better. Also having access to continuity of care and wrap around services closely located to where we live would help build trust and support even more.	9/7/2026 12:46 PM
116	Breastfeeding is one of my proudest accomplishments as a parent. Time and time again, this simple tool has done wonders for us (me and my almost 2.5yo son). As a baby, it nourished	9/7/2026 12:44 PM

	him and now as a toddler it helps us reconnect at the end of a long day, or drift back to sleep during bouts of illness. I experienced a complicated start to breastfeeding, one which took months until I truly felt confident and pain free. During this time, I engaged a wide range of services including lactation consults with the AMBC, through a private IBCLC at my OB's office and through my private hospital. I highlight this, because privilege shouldn't equal access to breastfeeding support, and the benefits that follow for both the mother and baby. I can't mention breastfeeding without advocating for more antenatal and postnatal education into normal infant sleep (particularly in breastfed babies) and safe sleep. Achieving my breastfeeding goals meant failing at our sleep goals - or so I thought. There is so much unhelpful information, including through government funded services like CAFHS or Raising Children that makes you feel like a failure as a parent if your baby wakes through the night. Leaning into safe cosleeping helped us balance the night and feel well rested again. It's appalling that in South Australia, we still do not have a risk minimisation approach to cosleeping and bedsharing. Time and again, research shows that cosleeping is safe when risk factors are minimised. Not only is it safe, but it protects the breastfeeding relationship and builds on secure attachment. My child knows that I am their safe harbour both day and night. I urge the government to holistically change their approach to care for mothers and babies in the perinatal period. Centre us a a dyad, and fund education and support that allows the time we need to learn how to work together, navigating our new relationship as mother and baby.	
117	I wish there was more whole of society support for mothers in the first year postnatal. The village has gone. It is lonely and isolating. Family and partner support is often far far less than expected or needed. Many women and struggling but they don’t share this. So it feels like you’re the only one not enjoying it. Better preparation with how to actually parent a child to form a healthy attachment pre birth would have meant less scrambling at learning how to parent post-birth.	9/7/2026 12:34 PM
118	I found it very stressful to know where to get help when my newborn baby’s weight gain was inconsistent. I couldn’t get appointments urgent enough and had to wait weeks to be seen which is too long for a newborn baby. I was also told that the paediatrician I previously saw was booked out for remainder of the year (more than 6 months). I felt helpless and didn’t know where to turn. A standard GP didn’t show the same level of care or have the right expertise. There needs to be more specialised mums & babies clinics with same day or next day appointments available. Other friends have experienced similar and have instead turned up at hospitals in order to be seen by a paediatrician which would clog up the system, but when you have no other options available and can’t wait to be seen, it seems to be the only choice.	9/7/2026 12:33 PM
119	Breastfeeding support as it is meant to be a natural thing but I found it so difficult and we had so much trouble	9/7/2026 12:31 PM
120	Breastfeeding support and advice varies wildly between professionals and is often of low quality. The advice I received in hospital from midwives and our pediatrician actively harmed my ability to breastfeed. I ended up with low supply and triple feeding, which was a cycle I was never able to break. Thanks to support from AMBC I was able to make triple feeding work for a few months and then received support to continue pumping for my baby until she was 6 months old. I grieve my breastfeeding journey every day.	9/7/2026 12:28 PM
121	Antenatal and postnatal care for women who have an higher income should be no better than those on limited income. All women and babies should have access to the kind of care given at Adelaide Mums and Babies. It would prevent a lot of subsequent pressure on the health care system. Wake up	9/7/2026 12:27 PM
122	Nothing can adequately prepare you for the moment when you have to get into an ambulance 5 days post-partum with your critically ill baby. It was surreal. I don’t remember everything clearly, but I do remember being asked repeatedly how I was going. I, who only wanted to talk about my baby, then glossed over how wretched I really felt in my heart. That was a mistake. I was a FTM with no reference for motherhood, and my experience was clearly going to be an uphill battle. Thankfully, my infant was well cared for and eventually the culprit was found - apnea of infancy, with no risk factors! - but not without significant emotional and physical distress on my part. I completely fell apart after the experience, when I knew she was out of danger. I can’t imagine that my situation is incomparable; other mums must have gone through this too. Irma the support after the fact that I desperately needed, and thankfully had access to due to being able to access my GP. What about others mums who don’t?	9/7/2026 12:26 PM
123	There is so much Eduardo and information about pregnancy, but once you give birth, you’re on your own and then overwhelm is huge. It’s not just the first few days or weeks that are overwhelming - exhaustion and sleep deprivation build and mothers can be suffering and	9/7/2026 12:15 PM

	feeling completely lost past the twelve week mark. So much focus on the early weeks - mothers need support for AT LEAST the whole year.	
124	I would have loved more help from a lactation consultant and help with infant settling/sleep but could not afford ongoing appointments	9/7/2026 12:13 PM
125	Government provided care through Child and Family Health Services was great at times but terribly inconsistent. We need better training in evidence based practices and consistency in our Government provided services	9/7/2026 12:12 PM
126	Home visits every day for up to 7 days from the Midwifery Group Practice was essential to me establishing feeding with my 2nd born baby.	9/7/2026 12:08 PM
127	It's so hard to find quality support and information about the perinatal period - ideas about what's normal are so skewed by social media and stories from well-meaning but out of date family and friends. Access to quality, evidence based information and support makes such a difference to the journey of parenthood	9/7/2026 12:06 PM
128	Consistency in practice for medical Professionals for "abnormal" weight gains, more lactation support, significant cost to "good" lactation specialist not generic advice.	9/7/2026 12:02 PM
129	First time around I had no idea how much I needed the support of AMBC, in hindsight they have changed significant outcomes for me and my child. Access to consistent and timely support meant that breastfeeding challenges could be supported. I was held and the guess work was taken care of. I was already lost in a fog of post partum. AMBC was my safe space, my village. When it came to my second child. I knew better and was better prepared along with my health care team who knew, and remembered me, and the challenges that I might face. We were proactive not reactive. I wish everyone could have access to this support and level of attention to detail. Unfortunately costs and appointment availability can be a challenge. Increasing the skill of practitioners and allowing there to be a consistent approach would ease the pressure on practices like AMBC who are championing this area for women and babies. Support the practitioners so they don't burn out too!! Good care needs incentive too!	9/7/2026 12:01 PM
130	The long appointments with highly qualified and skilled GPs has been invaluable for my postpartum journey. It is however becoming difficult to finance and I think for some is completely out of reach financially. Better Medicare rebate would be hugely beneficial. Additionally greater Medicare rebate for all of the extra scans/xrays etc that can be required for investigation purposes. It was a costly first 6 months with GP visits, specialist visits and the associated scans etc.	9/7/2026 12:00 PM
131	You need a practical village. In most cultures, this is a given. Here we seem to do it alone. Services need to fill that gap with advice, meals, someone to hold your baby for an hour...	9/7/2026 12:00 PM
132	After 3 babies the diagnosis of tubular breast and the connection of insufficient breast tissue to breast feed. I almost drove myself to depression trying to breastfeed. Provide more funding support for physicians to research areas where there is little evidence	9/7/2026 12:00 PM
133	My first birth was in a public hospital and my second birth was at home supported by MGP. Having MGP postnatal appointments at home following my homebirth made such a positive difference. I trusted my midwife and she was well trained to answer any questions or concerns I had. She referred me to other professionals when appropriate (LC & physio) and I felt like she was really invested in my wellbeing. Being at home for all my appointments helped me to relax and focus on my recovery and care of my baby. It felt like the ideal way to have a baby.	9/7/2026 11:59 AM
134	The current focus that CAFHS services have on calculating babies weight based on how many grams on average they are gaining risks missing the big picture around mother/ baby health and well being. The service feels like it is a tick box system that may cause unneccessary anxiety and stress in the early months. Whilst the Ages and stages is a good screening tool, i wonder if this also takes away the opportunity for nurses to figure out families concerns and address these areas.	9/7/2026 11:55 AM
135	After very healthy pregnancy I had an intervention heavy first birth which resulted in emergency Caesarean I only knew how to advocate for myself and best prepare myself for a VBAC due to the extensive research I had done. I had significant birth trauma and the brief mental health quiz you take early post partum did not at all factor that trauma into the equation - I felt ashamed of the intense feelings I had towards my birth experience as I had a healthy child. It impacted me the entire 2.5 years between pregnancies and up until the birth of my second child - which was an incredible unmedicated VBAC. I think birth trauma factors hugely into instance of PPD and PPA and should be better integrated into cafhs and other post partum care models - even the briefing you get when you leave the hospital feels genuinely lacking.	9/7/2026 11:55 AM

136	Women need more than 10 minute standard GP appointment at the six week check up. The appointment should be for mum and baby and be appropriately funded by Medicare.	9/7/2026 11:55 AM
137	The fourth trimester is harder than pregnancy. Pregnancy has set appointments, need more appointments booked in than 1x 6 week check up and that's it - the check ups need to cover the fourth trimester at minimum. CAFHS is good for the baby getting checked, but the mothers physical and emotional health are not priority at CAFHS checks the babys health is.	9/7/2026 11:45 AM
138	Having access to a specialist Mother & Baby GP clinic allowed me to build a good rapport with my primary healthcare provider, and address heath problems and postpartum challenges for my baby and I holistically. This continuity of care has been invaluable in my subsequent pregnancy & postpartum period.	9/7/2026 11:43 AM
139	It's so hard to know what is normal especially when you have your first child. Have a reputable and reliable place to find information and/or talk to someone would be helpful	9/7/2026 11:40 AM
140	When I didn’t know what was wrong with my baby — why she was so unsettled, why she cried all the time, and why I felt like I couldn’t cope despite having had a baby before — I took her to the emergency department. I had seen multiple GPs over several weeks, but none had been able to offer any real help or guidance. I was also waiting to hear back from the hospital neonatal unit after a referral, but I didn’t receive that phone call until two weeks later. By then, I had already found a diagnosis for her. Waiting another two weeks would have been unbearable. While I was in the emergency department, I was told by the hospital paediatrician that as long as my baby was growing, I shouldn’t worry about the crying. That was devastating to hear. I felt helpless and dismissed at a time when I had gone to hospital because I felt it was my last resort. I was sent home with no more support than when I arrived, still with a baby who seemed to be in pain and was crying constantly. I had started to wonder whether something in my breast milk was not agreeing with her, but even when I raised this possibility, no GP was able to give me a clear answer or guide me through it. They listened, but there was no practical help, and I was left wondering why cow’s milk protein intolerance or allergy was not considered or recognised sooner. Eventually, through my own research and with a recommendation from a friend, we paid $400 to attend a private clinic. Thankfully, they listened. They worked with me, problem-solved alongside me, and diagnosed my daughter with cow’s milk protein intolerance. Just having someone in my corner made an enormous difference, even though it remained a very difficult time. We were fortunate to be in a position where we could afford that appointment, but it was expensive and not close to home. I was desperate. My husband had to come home from work regularly because my baby was screaming so much that I couldn’t manage daily responsibilities, including taking my eldest child to daycare. The impact was not just on the baby — it affected our whole family and our ability to function. Being told not to worry because my baby was growing completely overlooked the distress, pain, and wider impact on our family. Growth is important, but it should not be the only measure of whether a baby and family are coping or receiving appropriate care.	9/7/2026 11:39 AM
141	Learning while I was pregnant that it was normal for babies to wake up over night, that it was okay to hold my baby for naps, and that other providers would give differing, non-evidence based breastfeeding support through your prenatal education sessions helped increase my confidence that I wasn’t doing anything wrong and decreased my listening to all the differing advice on social media	9/7/2026 11:36 AM
142	Post-natal care is part of a holistic care journey for a women that begins during pregancy and continues after the birth. Continuity of care with at least one trusted professionals - be it a GP or a midwife - is essential best practise and should be available to everyone.	9/7/2026 11:36 AM
143	As a rurally based general practitioner I felt and was completely isolated in my postnatal period. I had no idea where to get help, what help was available and travelling to the metropolitan area was overwhelming and impossible for me. I was woefully unprepared for the matrescence and fourth trimester and felt isolated in my postnatal depression and continue to struggle with being a mum.	9/7/2026 11:35 AM
144	The quality of postnatal care provided by midwives can make a significant difference to a mother’s experience in the days following birth. I have had two babies, and my experiences of postnatal care were very different. After my first baby, the care I received was exceptional. The midwives were incredibly supportive and understood the importance of rest and recovery. They would take the baby for periods of time so I could sleep, encouraged me to rest, and provided reassurance and practical support when I needed it most. Their approach made me feel safe, supported and confident during what can be an overwhelming period. My experience after my second baby was quite different. I experienced anxiety, difficulty sleeping and a lot of second-guessing myself, but at times I felt judged rather than supported. What I needed most was reassurance, understanding and someone who recognised that these feelings can be part of the postnatal experience—not criticism or an	9/7/2026 11:33 AM

	implication that I was struggling unnecessarily. I also believe that the principle of **“fed is best” should be completely normalised within breastfeeding support.** Mothers should be encouraged and supported to breastfeed if that is what they want, but breastfeeding support should never come at the expense of a mother’s mental health, recovery or confidence. If a baby needs formula, expressed milk, combination feeding or another form of nourishment, that should not be treated as a failure. I find it difficult to believe that this is still an issue we need to be discussing in 2026. We should be able to support breastfeeding without making mothers feel that their worth or their ability to be a good mother is determined by whether they breastfeed exclusively. This has made me realise how important emotional intelligence and mental health awareness are in postnatal midwifery care. Midwives are often among the first professionals to see a mother when she is at her most vulnerable, and the way they respond to signs of anxiety, depression, overwhelm or lack of confidence can have a profound impact. I believe there needs to be a stronger focus on postnatal mental health training and support for midwives, alongside a more compassionate and flexible approach to infant feeding. Understanding postnatal anxiety and depression, recognising the signs early, supporting breastfeeding without judgement, and understanding that fed is best should all be fundamental parts of postnatal care. The difference between feeling supported and feeling judged can be enormous. Sometimes, the right midwife at the right moment can make all the difference—and every mother deserves that level of care.	
145	Keep up the great work AMBC! You guys are amazing and do a wonderful job.	9/7/2026 11:33 AM
146	Once you leave the hospital, it is so hard to access help if you or baby have difficulties.	9/7/2026 11:32 AM
147	This is not ONE thing. The topic feels so complex and multifaceted for me to clearly articulate in this form. In fact, I’m not sure I’d ever have the words to be able to convey the postpartum experience n general. I am not a healthcare professional, or a politician so I’m not aware of the right lingo or keywords I should be writing about. All I know is that postpartum was one of the most bewildering experience of my life - both healthcare wise and my general existence. The health professionals who were evidence based, with the newest research (like AMBC) made my experience positive. I am educated, financially secure, have a supportive partner, planned for my child, can speak English etc and I still found post partum so difficult. It was a shock in general, my body was in a fragile state, I was sleep deprived, it was difficult to know what my baby and I needed and where to go. I’m able to seek the right professionals and afford expensive healthcare. However I believe every woman in their postpartum period should have access to this no matter what. They should also be supported with basic things like mental health check ins / doula care, access to healthy meals, some light support around the home etc.	9/7/2026 11:32 AM
148	Gestalt breastfeeding approach - the standard breastfeeding info did not work at all for us and almost ended my breastfeeding early did not wal	9/7/2026 11:32 AM
149	The midwives advice for breastfeeding when my baby was lost 10% of her body weight in the first few days (due to my milk not coming in) was to just keep trying. Finally one midwife heard our concerns said it was okay to use formula. We needed that confirmation from a healthcare professional, this was all so new to use and it was basically forced down our throats that we HAD to breastfeed not use formula. More education and understanding would go a long way to those giving advice to new parents around feeding.	9/7/2026 11:27 AM
150	Babies sleep support helped. More information and how to recognise post partum depression/anxiety within yourself before thinking “this is normal hard part of being a mum”	9/7/2026 11:22 AM
151	Every baby and birth is different. Practical hands on support and trusted advice is invaluable.	9/7/2026 11:22 AM
152	This is my second baby and second breastfeeding journey. I lost confidence in my ability to breastfeed as my baby was quite unsettled and booked into AMBC for some support. It was excellent and I was able to feel confident again. I think that there is a lot of online media promoting formula feeding and a lot of mums I know didn’t receive support postpartum and ended up formula fed. I think it is in the governments best interest to invest in breastfeeding support for new mums and I wish I had it the first time around	9/7/2026 11:18 AM
153	I had NO Idea how hard breastfeeding is, so I was completely underprepared and unfortunately didn’t continue breastfeeding for more than a week with both babies. I really needed more time knowing my husband would be home but we had time pressures each time, which also influenced my decision to end breastfeeding. I had an emergency c-section and whilst I had a fairly good experience it is still a HUGE thing to go through, be on minimal sleep, then have to take care of a human that you’re just learning about and so are they. The only thing I was told in the hospital is it’s ok to be sad but if it went on for XYZ, it’s not normal, and that’s it. So I was made to feel like I’m not normal, but that’s it. Better wording, more support etc really would’ve changed my first 6 months with my first baby. Additionally, I had lots of family support available but no one knew that I was struggling and I wasn’t able to ask for it, so a pamphlet would be a useful way to get info through to family members.	9/7/2026 11:16 AM

154	As soon as my baby was born, it felt like I was no longer viewed as needing care. I felt unimportant. I thankfully had very supportive loved ones who noticed I was not doing well mentally when I couldn't recognise it myself, however not everyone has this. I believe that a better, consistent, ongoing focus on new mums within the healthcare setting would make a world of difference.	9/7/2026 11:15 AM
155	Having the support of my AMBC lactation consultant via email was life changing. I feel listened to, seen and heard. I felt I could ask questions and not be judged. The support was nothing I had ever expected or dreamed of. Life changing for my baby and me!	9/7/2026 11:14 AM
156	I was totally unprepared to adapt to life with my first baby and felt incredibly isolated in the first few weeks and months while I adjusted both mentally and physically. During postpartum I leaned extremely heavily on AMBC GPs, CAHFS, my public hospital midwives and my psychologist to get through some really dark and challenging times and eventually with their support I was able find enjoyment in motherhood.	9/7/2026 11:11 AM
157	Posterior tongue ties do exist and my life was horrible because I did not think they were real. As soon as an experienced Speech Pathologist was involved and the tongue tie was addressed by a maxillofacial surgeon then everything resolved. The recurring mastitis ended, the pain ended, my baby was able to stop snoring, reflux symptoms stopped and they were able to sleep better and move her tongue not just mildly past the lower gums but the mid blade of the tongue was able to lift all the way up.	9/7/2026 11:11 AM
158	I just wish I had been able to access timely, appropriate supports as it could have helped shape the first 2 years of my child's life.	9/7/2026 11:11 AM
159	Too long a wait to get help with urgent breastfeeding related health issues	9/7/2026 11:09 AM
160	GPs who are able to do shared care during pregnancy are a godsend and a well known add on for GPs. It would be very helpful if there was an equivalent, widely known and recognisable qualification for GPs for the subsequent post natal period. I needed one source of truth in my sleep deprived state, and I got very lucky that I have a regular GP who is very experienced in paediatrics and could give me all the information I needed and that I could trust it was right. But that was luck. Otherwise, I would have had to seek out multiple people, make appointments, hope there wasn't too much of a waitlist, and then reconcile any overlap of information from various specialities. I am an educated, upper middle class white collar worker. I have the financial ability to seek out as much medical support as I want, but being able to find the right people and sort out what information was correct would have been too much. Someone who didn't have that financial ability would have been in a worse situation again.	9/7/2026 11:05 AM
161	Just how painful and depleted I would feel after bringing my baby home after a traumatic forceps birth in the public system. That it was okay to grieve my birth and that I'd need mental health support afterwards.	9/7/2026 11:05 AM
162	The antenatal and postnatal care I received was inadequate and at times traumatic. Just four experiences that deeply impacted me at the time causing significant emotional distress and will forever stay with me: 1- a female obstetrician during my second scan remarked on my underwear, commenting "ooo look at you nice (gesturing to a bow on my underwear), you won't be wearing nice underwear like this anymore after birth. This comment was just one of the many insensitive and inappropriate comments made by her promoting me to change obstetricians 2- A second female obstetrician was dismissive, demeaning and unprofessional when discussing my preferences for a low intervention birth plan. She approached the discussion in a 'closed tone', dismissing my requests without asking a single question as to what underpinned my values for my requests. She remarked 'women in Africa die in childbirth every mday becuase they don't have access to the intervention you are getting". This comment was neither relevant to the conversation and just demonstrates the closed, dismissive and patronising tone used through the discussion where many more comments where made. 3- my confidentiality was breeched, following moving to another obstetrician due to the above incident and no longer having trust in her care, my new obstetrician apologised on behalf of my previous obstetricians behaviour providing details of the exchange and her behaviour, as well as an explanation for her emotional state (experienced a birthing incident the day prior and was hypersensitive as an excuse for her behaviour) which had not shared indicating this was a discussion had beforehand beaten the two of them. 4- when seeking lactation help through AMBC due to baby at approx 6 month seemingly spontaneously starting to have difficulties with latching to my right breast I was told "your breast is not her happy place" followed by suggestions to give up feeding on my right breast and hope I can continue with left if I wanted to. No thanks to that support I am now still feeding my client at age 3!	9/7/2026 11:04 AM
163	Having a base of evidence to rely on as a source of learning about all things baby and being a new parent was invaluable. AMBC opened my eyes to the world of Possums and I am just	9/7/2026 11:00 AM

	so glad that they did. There is so much unregulated and non evidenced based information online when it comes to post natal care of yourself and your baby. I easily could have seen myself spiralling into a much more unhealthy place if I had listened to recommendations around infant behaviour from places and people that are not evidence based. Sadly, the baby sleep industry (much of it) has a vulnerable audience to pray on and thrives financially because of this. New parents should be given access to evidence based tools around infant care in an open and consistent way. If I didn't attend the AMBC breastfeeding education class I really worry what my whole first year of parenting would have been like.	
164	It was so so incredibly hard to find a GP who understood enough about breastfeeding to see me for a condition that causes exceptional levels of pain when feeding and after, but is treated with prescribed medication (and so can't be solved by a lactation consultant). I remember calling around clinic after clinic to find a doctor who could see me at short notice with any experience	9/7/2026 10:59 AM
165	Having healthcare professionals able to answer questions any week day, weekly visits with a health professional who is a certified lactation consultant and longer consults all were significantly helpful during my 4th trimester. Unfortunately appointments are expensive and have long wait times. However, at AMBC, if it was an acute feeding problem or mastitis, they would make an effort to see you asap or 'squeeze you in' - this was probably the most beneficial thing to my breastfeeding journey, the reason I was able to breastfeed for 14 months and significantly reduced my post partum anxieties	9/7/2026 10:57 AM
166	Learning the possums approach and antenatal education for bringing baby home was one of the best thing I could've done. Sticking to an evidence based approach I believed in really set me up with the foundation and approach to everything. As a solo mother by choice, it helped me manage on my own.	9/7/2026 10:55 AM
167	Women need to be believed and not dismissed when they seek support for their infant. Mine was breastfeeding hourly, vomiting 2-6 times after almost every feed, ended up in the ED twice for dehydration concerns, and was still dismissed as "normal". After almost 4 months of this we reached out to AMBC. I had to travel over 90 minutes (which was so difficult with a baby feeding hourly even at that stage) but was believed and given advice that aligned with our needs. Within a week of implementing Briony's advice the vomits completely stopped and feedings spaced to roughly 3 hourly. Our baby had sensitivity to certain food proteins and adjusting my diet was all we needed (initially) (starting solids we found new issues which were dismissed again locally and with a pediatrician at another practice so we returned to AMBC who again took us seriously and provided support that met our needs). I wish we had a clinic in our area that listened and didn't refuse requested referral to a dietician on the grounds that they "don't want to play into [my] fears"…I'm not sure if we just reached the end of dr knowledge or met on a bad day, but anyway, it wasn't good enough support for a struggling baby or for this then first-time mother who had been through a traumatic birth and then took home a struggling baby who was not, in fact, screaming and vomiting a normal amount but was genuinely struggling and so was I	9/7/2026 10:50 AM
168	I felt inadequately prepared for the fourth trimester despite all my efforts to educate myself prior. I left the hospital not knowing what was normal for my baby, what normal sleeping and feeding looked liked. Thankfully I was supported by my wonderful family and health care professionals otherwise it would have been a tough road.	9/7/2026 10:49 AM
169	I wish that my concerns weren't minimised and essentially ignored. I think that woman often blame male doctors ect for not understanding or grasping the severity of the stress a mother is under. However I saw a female doctor and ended leaving with the same feeling of not being taken seriously. Further to this I believe that any postnatal appointment that a mum makes specifically because she has a worry or concern for her baby should receive a follow up call or some form of contact. And perhaps not from the same doctor that you saw, perhaps a midwife type figure could be the second contact. I know I left my appointment @ AMBCs feeling isolated and like I had no where left to go and that my babies issues were in my head. I'm lucky to have supportive people around me but it actually put me into quite a dark spiral. I wish someone had followed up and maybe asked how it went ect and things had improved.	9/7/2026 10:45 AM
170	I believe that postnatal care should be 'opt out' - appointments made with pelvic physio, GP within 2 weeks postpartum, IBCLC within a week if choose to breastfeed. This would go a long way in removing barriers for care if these were funded and made easily available, and importantly set women up for a happier fourth trimester	9/7/2026 10:44 AM
171	Everyone should have access to government funded support of GP-LCs and perinatal mental health support	9/7/2026 10:43 AM
172	I never imagined that it could be so difficult to get perinatal mental health support in a timely manner. When I was pregnant and was flagged by my obstetrician and psychologist as	9/7/2026 10:42 AM

	needing extra help and needing to see someone with prescribing rights that specialises in perinatal mental health, I wasn't able to do this in a timely manner. It seems like everyone is aware of the mental health impacts that pregnancy and the postnatal period can bring, but the number of clinicians on the ground, available and with capacity to see new patients, with the right training and experience is severely lacking. Nothing in my life has been more isolating than being heavily pregnant, depressed, and having to ring around every maternal health facility I could find in town only to be told that they couldn't see me for a couple of months.	
173	The conflicting advice given to new parents is extremely overwhelming. Yes, there are many services who can help, but when you receive directly conflicting advice from different professionals, and no support or confidence placed in your own gut feelings, it's very hard to know what to do. A long, maternal and baby review really helped me, and probably saved myself and my baby from unnecessary medical interventions. I am so glad I had that experience, but many could not afford it.	9/7/2026 10:41 AM
174	The lack of breastfeeding awareness, knowledge and support amongst health care providers, mums, and the general public is atrocious. Start at medical school, publically fund breastfeeding and physio classes antenatally for all, and offer a clear publically funded postnatal care pathway with gp lactation support. Being discharged the day after your baby is born harms the breastfeeding relationship, outpatient services need to be established, the lack of these postnatal services is a huge contributor to birth trauma	9/7/2026 10:40 AM
175	I went to several GPs to obtain a prescription for Vyvanse to manage my ADHD (I had been on medication for 1.5yrs before my second pregnancy) and almost every single GP declined to prescribe while breastfeeding, stating that it was not safe. My mental health was struggling without medication and only when I attended AMBC was I listened to and given the medication. I would love for more GPs to be informed about medications that are safe for breastfeeding as if I was not informed myself I may have considered stopping breastfeeding so that I could prioritise my mental health, and myself and my infant would have missed out on the significant health benefits of breastfeeding for no reason. Additionally, I would like for GPs to be trained properly to assess for oral ties. A GP (not at AMBC) told me my infant did NOT have a tongue or lip tie when she was exhibiting many symptoms of one. If I had not disregarded this advice and seen an IBCLC who confirmed the ties, I would not have been able to breastfeed my infant as she would not latch until after the ties were released. People trust their doctors to provide evidence-based advice and not everyone is aware of these things. People should not have to do so much of their own research to avoid following poor advice given to them by medical professionals!	9/7/2026 10:36 AM
176	The need for support does not stop when a baby is born, it instead amplifies. It takes a village - one of which the government should be a part of.	9/7/2026 10:35 AM
177	I didn't have another baby after my experience of post partum psychosis. It was terrifying. Worse still I wasn't taken seriously. It was like drowning while people watched on.	9/7/2026 10:31 AM
178	When I compare my two pregnancies, the single thing that made the most substantial difference was continuity of care, (both with MGP and the GP/Ob at AMBC) followed very closely by the amazing breastfeeding suppprt provided by AMBC. The breastfeed support provided both pre and postnatally was so excellent that I recommended it to at least 3 other pregnant women I know. All four of us went on to breastfeed our babies for 12months+. This is despite many of us (myself included) previously having reported breastfeeding challenges. Whilst this was an excellent outcome for us and our babies, that support did not come cheaply. I am grateful that I was able to access that, but out of pocket I estimate that support to have cost at least $800, all at a time where I was on a reduced income while in maternity leave. Of course, we all know the health benefits to women and babies if they are supported to breastfeed, and so quality evidenced based breastfeeding support should be provided to all women who desire it, funded completely by Medicare so that cost is no barrier to access.	9/7/2026 10:30 AM
179	Needs to be financial support for psychology - mental health care plans are still extremely expensive and even going to the GP was $80 after the rebate to get the mental health care plan.	9/7/2026 10:29 AM
180	I was shocked at how poorly funded and coordinated postnatal maternal healthcare is in Australia. If men could give birth I am sure this wouldn't be the case. My first postnatal experience was so traumatic and challenging that I regretted having my baby and wanted to disappear. Thanks to AMBC my second postpartum experience was worlds better. We need to do better for all mothers.	9/7/2026 10:26 AM
181	Pelvic floor physiotherapy and birth preparation in pregnancy and postpartum	9/7/2026 10:20 AM
182	Need better breast feeding education for the midwives and more updated techniques	9/7/2026 10:20 AM

183	At the time, I was living rurally in Riverton, with limited family support and very few local services or support networks. I received visits from CaFHS, but I often felt these were more focused on assessing what I was doing rather than genuinely checking in on how I was coping. I think continuity of care would have made a huge difference. Building a relationship with someone during pregnancy, who then continued to support me after birth, may have made me feel much more comfortable being honest and vulnerable about how I was actually feeling. It was around six months postpartum before I eventually sought help from my GP and psychologist and was diagnosed with postnatal depression. Looking back, there were signs much earlier, but at the time I didn't necessarily recognise them or understand that what I was experiencing was something I could ask for help with. I would love to see more regular and proactive check-ins, particularly for rural mums. This could be through phone calls, messages or some form of digital communication with a consistent professional who can check in about everything that comes with having a new baby, including breastfeeding and feeding, mental health, sleep, infant crying and just generally how you are coping. When you are already struggling, the thought of getting dressed, getting a baby organised, leaving the house and driving a long distance for an appointment can feel enormous. Then, once you get there, you still have to be vulnerable enough to actually say that you are not coping. For me, there was a huge amount of guilt attached to that. I also think partners need more information about what to look for. They are often the person who may notice that something isn't right before the mother recognises it herself. Clear information about warning signs, what is common after having a baby, when there might be cause for concern, and who to contact could make a real difference. For mums living rurally, particularly those without family or a strong support network nearby, I think there needs to be more proactive support. It shouldn't be entirely up to a new mum to recognise that she needs help, work out where to get it, travel to access it, and then find the courage to say she isn't coping.	9/7/2026 10:20 AM
184	A mother's instinct/intuition should always be listened to. I was never dismissed at AMBC and my concerns always validated. It meant soo much not only when I was a first time mum but the second time around too. Validation, support and encouragement to connect with my baby.	9/7/2026 10:17 AM
185	I wish there was consistent advice and not such conflicting ideas.	9/7/2026 10:16 AM
186	My mental health was impacted significantly due to sleep deprivation which made it harder for me to be present, I missed parts of the early days that I will never get back due to being in a deep hole, that had i had the right mental health support earlier, I would have been able to avoid. Postpartum depression got me both times and it was awful. I am so very grateful for the support I did receive when I reached out to help me through to the other side	9/7/2026 10:15 AM
187	Becoming a parent and going through a lot of unknowns definitely increased my anxiety. Having a gp that was very knowledgeable and up to date with evidence, as well as trained in lactation was very reassuring to me as a first time mother. I wish all first time mothers got this opportunity which unfortunately is not due to the large out of pocket cost.	9/7/2026 10:14 AM
188	Providing mums/caregivers the access to people trained within the field. To listen to new parents and their feelings. Not to dismiss worries because they have no time to facilitate. Better education for doctors and nurses in general GP clinics on post partum care. Providing pregnant families easier and more affordable access to ultrasounds and health testing (NIPT- why are we paying so much for a genetic test!)	9/7/2026 10:13 AM
189	The difference in advice between informed GPs at a clinic like AMBC and CAFHS. CAFHs really did try, but their advice around breastfeeding, feeding to sleep and "normal" infant sleep was outdated and so general. I ended up stopping appointments with them because they weren't helpful.	9/7/2026 10:11 AM
190	Having had two children, and receiving pre- and post-partum mental health support with only one of them, I have experienced firsthand the significant difference that the right support can make. It can greatly impact your ability to care for both yourself and your child. The ups and downs of the post-partum period can be incredibly challenging to navigate, and without proper care, support, and professionals who are willing to listen to and advocate for you, there is a real risk of things becoming overwhelming and difficult to manage.	9/7/2026 10:10 AM
191	Twin parents need more support	9/7/2026 10:09 AM
192	Most challenged new parents face in the first 6 weeks are often considered "normal" but when it's been going on for months and you still don't have answers there is no longer ongoing support available. CAFHS is not adequate. Not many people are going to open about mental health to a random person. We need continuity and ongoing support for the first 6 months. You only have to be watching the commentary online about the Lindsay Clancy case to see the postnatal mental health epidemic we have.	9/7/2026 10:08 AM

193	Individual experience of the postpartum period are so different - a lot of the things I was prepared for never happened, and the things I struggled with were a surprise. It was so helpful to have a range of appointments already booked for the first few weeks post-birth - hospital midwife, cafhs home visit, obstetrician appointment, psychologist appts, and eventually lactation consultant. This meant that the next professional was only ever a week or so away, so when issues or concerns arose it was easy to ask a professional. I have recommended this approach to my friends, because appointments are easily cancelled but not easily made at the last minute when they are really needed. I ended up cancelling my psychologist appointment because I didn't need it, but struggled to get an appointment with a GP lactation consultant until about 8 weeks after birth because I hadn't booked one in advance.	9/7/2026 10:08 AM
194	Counting the babies in the staff to patient ratio on a postnatal ward.	9/7/2026 10:07 AM
195	Listen before you blast new mothers with your own ideas and making her feel incompetent when she feels something isnt right.	9/7/2026 10:06 AM
196	Having a quality health care provider that is well educated in postnatal health and wellbeing (both physical and mental) is make or break for women's health in the postpartum period. Looking from both a healthcare provider in this space as well as a new mother myself both first and second time around, having a GP who knows what they're talking about and who listens and addresses issues appropriately for the client cannot be understated as a vital part of a women's postpartum journey.	9/7/2026 10:06 AM
197	Lactation support needs to be more readily available. Weekly visits for the first 12 weeks. Breast feeding is fucking HARD and no one prepares you for it. It affected my mental health and early parenting experience. Also fuckwit sleep consultants should be outlawed!!!! There needs to be tighter regulations on who's out there giving vulnerable women advice that is completely inappropriate and not evidence based	9/7/2026 10:05 AM
198	Access to feeding support postnatally in a timely way	9/7/2026 10:04 AM
199	It has been really helpful having doctors who take my concerns about my baby seriously- that don't just shrug things off as 'normal' when I know in my mum intuition that something is wrong. I wish that waiting for an appointment wasn't so long though, when you have a sick baby waiting for an appointment with a GP is really hard. The only virtual services are good (e.g. Woman's and Children Virtual Online video calls) but it's important to me to be able to see my/my child's GP. The cost of post birth healthcare is something I will need to budget for next time because it is significantly more expensive then I had planned. While I am grateful I can afford to go to places that do not bulk bill, or see private specialists- I have friends who are on long public health waiting lists as they cannot afford this type of care.	9/7/2026 10:02 AM
200	Being provided with appropriate evidence-based advice on infant sleep made a huge positive difference to my maternal mental health. However, finding a healthcare professional who was able to provide this advice was a challenge.	9/7/2026 10:01 AM
201	I wish there was more support/ funding for in home advice and support around sleep and unsettled babies.	9/7/2026 10:00 AM
202	My full-term son unexpectedly required a 16-day stay in the neonatal ward. I was very lucky to have the opportunity to stay with my baby in the SCU for 8 of those nights (first 3 nights then another 5 later on) to help establish breastfeeding. As a mother who was freshly postpartum from a forceps delivery with episiotomy and after a manual rotation of the baby to be able to birth him, it was incredibly hard on my body as the neonatal ward is not equipped to provide care to the mothers who are postpartum and the facilities included a hard, pull out bed which had to be packed away during the day each day. My baby developed a bottle preference in the times that I was not able to stay with him and as a result breastfeeding became very difficult for us. With a lot of persistence and additional support from an LC at the hospital, as well as an IBCLC at AMBC, we were able to continue exclusively breastfeeding. However, I felt I had to choose between my own postpartum recovery and my desire to breastfeed for the benefit of my child, ultimately sacrificing my healing to ensure I could stay in a very uncomfortable setting to be able to breastfeed consistently to establish breastfeeding and overcome the bottle preference from the time I couldn't stay. This added additional physical and emotional pain on top of an already traumatic birth and postpartum experience and I feel that appropriate facilities that encourage mothers to stay and bond with their baby, while both receiving appropriate medical care with appropriate facilities, would be incredibly beneficial for the physical and mental health of both the mother and baby.	9/7/2026 9:59 AM
203	Being able to access a qualified doctor who specialised in infant, postnatal / maternal care (all in one location and appointment) significantly improved the health of my baby and I truly believe it reduced my risk of postnatal depression. I'm incredibly lucky that I have the means to fund this but many women would not be able to and / or would have extensive wait times if	9/7/2026 9:58 AM

	accessing through the public system. More funding and awareness is required in Australia for prenatal and postnatal care. Without support I can see how you could head down a very dark road at an incredibly vulnerable time	
204	Our GP system is declining further and further in every way and it’s devestating	9/7/2026 9:57 AM
205	The care I have received from the doctors at AMBC has been incredible. The flexibility and accessibility of the service makes such a difference for families—being able to choose between in-person and Telehealth appointments, and receiving timely responses to online enquiries is invaluable, particularly when you have sick children at home. Being able to book appointments for both my children and myself together also makes accessing healthcare so much easier. Most importantly, I value the continuity of care. I feel that my concerns are listened to, followed through and answered thoroughly, with clear advice and support about what to do next. Having healthcare that is accessible, responsive and consistent takes so much stress out of caring for both myself and my family. I wish this level of postnatal and family healthcare was accessible to every mother.	9/7/2026 9:55 AM
206	At the moment only wealthy people can afford to see a pelvic health physiotherapist regularly postpartum, but over 50% of women who birth vaginally have a prolapse (symptoms showing up in roughly 20%) and other symptoms like continence etc are far more common. Mental health care plans should be extended to 20 sessions funded by Medicare for the first 12 months after having a baby. The fertility rate is at record lows in Australia so more support would be of an economic benefit to Australia (but also improve lives of mothers drastically which is more important).	9/7/2026 9:52 AM
207	Five years on a still cry when I see a newborn because I find it so triggering. Please don’t let a man make the decisions here, unless you’ve been in this it’s not possible to understand.	9/7/2026 9:48 AM
208	Continuity of care is one of the most fundamental experiences to support mother and child in pregnancy, birth and beyond. Building a familiar relationship with health care providers that know your situation intimately supports better physical and mental health outcomes.	9/7/2026 9:46 AM
209	The cost of good quality care should not be a determining factor for families to receive specialised post natal and post partum support. Without being able to access this care, the cost to mother, babies and families mental health and wellbeing now and in to the future would be significant.	9/7/2026 9:45 AM
210	Accessibility to services while pregnant for working women. Such as breastfeeding classes on weekends. And extended periods for access to a lactation consultant for complex cases. I went through public health and the hospital had a lactation consultant but only allowed to book appointments up to 2weeks post birth. I had multiple breastfeeding issues which took longer than 2 weeks to resolve.	9/7/2026 9:45 AM
211	Postnatal mental health services should be more readily affordable and accessible for both chronic and acute challenges. Should not need a long mental health plan appointment to receive lower rates, should be bulk billed and/or become included as standard follow up and care. Eg - ‘x’ amount of appointments with a psych/counselor to just discuss anything post-natally popping up that needs to be worked through. This could include general anxiety, birth traumas, general life stress, baby disabilities/illnesses etc.	9/7/2026 9:43 AM
212	I wish there was greater continuity of care from pregnancy through to the postnatal period, with support extending beyond 12 months. The significant hormonal, physical and emotional changes don’t stop at 12 months, yet parents continue to be dismissed when seeking help. We need affordable, wraparound healthcare that supports the whole family, including physical recovery and genuine mental health support. CAFHS parent groups should be available for every child, not just the first, and parents should be connected with other parents and their communities to build support networks. If governments invested in comprehensive postnatal care, we could have better-supported families, stronger attachment between children and their parents, better mental and physical health outcomes, and improved long-term outcomes that benefit society as a whole.	9/7/2026 9:40 AM
213	It is easy to slip under the radar and be forgotten post-birth - if you want to be seen, you have to put in the work. A regular, simple check in with new parents would be so helpful with direction to connect with IBCLCs, psychologists etc.	9/7/2026 9:39 AM
214	There are plenty of things but honestly, our mental health is paramount - people discussed postnatal depression but they don’t discuss at length and they don’t discuss what that means to you as a new Mum and you as a family unit, if you have one. In my situation, it is meant that I have no one and now I have to be a new mum all alone all because I couldn’t get help for my postnatal depression in a timely matter. Now I’m paying an inside amount of money that I can’t afford to try and be a better parent for my little person. My heart breaks every single day because I didn’t have the joy that I was meant to have.	9/7/2026 9:37 AM

215	The advice given in hospital by midwives was very mixed from one midwife to the next on the same day. This leaves a first time mum very confused at a vulnerable time. Having the continued support of a doctor with a high level expertise, that was caring and supportive change my whole postnatal experience.	9/7/2026 9:37 AM
216	Time to be listened to and heard and availability of appointments, not needing to leave the house to do so.	9/7/2026 9:34 AM
217	How are twins not classified as a multiple birth? No extra support which was detrimental	9/7/2026 9:28 AM
218	The fourth trimester struggles are real! More support is needed for postnatal and feeding for new mums. We don’t have the villages like the past. Support is hard to find.	9/7/2026 9:25 AM
219	The CAFS nurses were inconsistent with advice, and pushed formula feeding where unnecessary. Despite recognising my difficulties with mental health they pushed for techniques I said I didn’t like (cry it out, not feeding to sleep) which I expressed would worsen my mental health. I feel very let down by them.	9/7/2026 9:22 AM
220	Affordable care and longer appointments would make such a difference. We were struggling financially so somewhat ‘rationed’ our healthcare and only sought care for severe problems.	9/7/2026 9:21 AM
221	Having a lactation consultation early, made a world of difference. There needs to be more information readily available or lactation consultants that are government funded that are offered to women before they have their baby and can have them come and see them while in hospital or the day after they are home to see how they are going with their feeding. It can be so hard to know what you are doing and just having someone check latch and view how you're breastfeeding can make a big difference.	9/7/2026 9:21 AM
222	Mental health is something real and shouldn’t be ignored. There needs to be more funding and education about PND and psychosis	9/7/2026 9:21 AM
223	Thank goodness for the lactation consultant that helped me and also my psychologist, because my second and third postnatal periods were a very dark time. Mums need more support, especially after their first baby, but it's also important to realise that subsequent babies can have have different challenges than the first and then there's the added aspect of dealing with a newborn and having a toddler/older child as well. So mums should have access to help regardless of what number baby it is.	9/7/2026 9:19 AM
224	One thing that would have really helped me would have been a support service where I could have a break. My husband was not coping and not particularly helpful. I had no family support. I had a child who did not sleep well and cried a lot. I was too exhausted and anxious to hire an unknown babysitter. Going somewhere where my baby would be safely cared for a few hours so I could have downtime would have been so beneficial. I know this is the role of other family and spouse but there are so many single parents and those without proper support. I have a high level of patience and health literacy but reflect on my postnatal time as mostly a time of being unsupported, alone and desperate.	9/7/2026 9:19 AM
225	Recognise parent groups for the positive impact they have due to the potentially lifelong support and community they create and invest in them. Ultimately improved child and maternal health outcomes will repay that investment 10 fold.	9/7/2026 9:17 AM
226	CAFHS nurses inadequately trained to be giving healthcare advice/assessing mothers and babies and offering breastfeeding guidance.	9/7/2026 9:14 AM
227	Mental health is a bigger issue than is documented because so many mums feel dismissed and give up asking for help.	9/7/2026 9:10 AM