

Self-help resources:

Out of hours telephone support:

- Maternal and Child Health Nurse 24hr help line: 13 22 29
- Australian Breastfeeding Association 24hr help line: 1800 686 268

Breastfeeding websites:

- breastfeeding.asn.au
- raisingchildren.net.au
- kellymom.com
- breastfeedingonline.com
- thewomens.org.au
- l11i.org
- rch.org.au/kidsinfo/
- lowmilksupply.org
- breastfeedingbasics.com

Languages other than English:

- breastfeeding.asn.au
- l11i.org
- thewomens.com

You tube:

- provides instructional demonstrations i.e. breast crawl, positioning and attachment, milk expression, use of supply line (SNS) and paced bottle feeding.

Medication information services:

- The Royal Womens Hospital P: 8345 3190
- Monash Health P: 9594 2361



Signs to look for during a feed:

- Baby has a large mouthful of breast.
- Baby's chin is firmly touching your breast.
- It is comfortable when baby feeds (although the first few sucks may be strong).
- Baby's chin massages the breast.
- Baby takes long rhythmic sucks and swallows (it's normal for baby to pause from time to time).

Signs of successful feeding:

- Your baby is having about 8 or more feeds in 24hrs.
- Your baby is settled after most feeds.
- Your baby is alert and active when awake.
- Your baby's urine is odourless and pale in colour. If using disposable nappies, at least some of the nappies each day are heavy and spongy after your milk "comes in".
- Your baby has soft stools.
- Your baby is back to birth weight by about 2-3 weeks of age and continues to steadily gain weight.

How to breastfeed:

- Make sure you are sitting comfortably, with your feet and back supported. Leaning back slightly can help.
- Hold your baby up close to you, chest to chest. Try not to hold the back of baby's or sit them curled up in your lap.
- You can support or shape your breast if you need.
- Position your baby with their nose opposite your nipple. Baby's bottom lip will be away from your nipple.
- If supporting your breast, position your fingers well back, so your baby is able to take a big mouthful of breast tissue and not 'catch' on your fingers.
- Touch your baby to the breast.
- When your baby opens their mouth wide, bring baby quickly to the breast, from the shoulders, hugging baby close.
- Continue to support your breast until baby is sucking and swallowing in a deep rhythmic pattern.
- If you experience pain once baby has started swallowing, break the suction, take baby off the breast and try again.
- To detach baby from your breast, insert a clean finger between baby's gums to break the seal.

For short videos to help you:

raisingchildren.net.au>babies and children > newborn > breastfeeding videos

