



Breastfeeding Support Service Melton City Council



Did you know?

Babies who are breastfed are less likely to have:

- diarrhoea and vomiting
- chest infections
- ear infections
- fussiness about new foods
- constipation
- obesity, diabetes and other illnesses later in life
- eczema, asthma and food intolerances
- Sudden Infant Death Syndrome (SIDS)

Breastfeeding benefits mum by:

- Lowering the risk of mum getting diabetes, some cancers, osteoporosis, and heart disease
- Naturally using up about 500 extra calories a day
- Saving money
- Is portable and convenient
- Is a unique experience for you and your baby

Breastfeeding Support Service

The Breastfeeding Support Service is available to all families living within the City of Melton and provides:

- Drop in service - no appointment required
- Individual office appointments
- Some home visits
- Telephone Advice

Contact the Breastfeeding Support Service on 9747 5462 to discuss your needs.

For further information

**Melton City Council
Maternal and Child Health Service:**

Monday to Friday 08.30am-5.00pm.

P: 9747 7287



Breastfeeding advice and support with a Lactation Consultant (IBCLC) or a breastfeeding support nurse.

