

# Supporting breastfeeding

Learning how to breastfeed takes time. Support from partners, extended families, healthcare providers, lactation consultants, support groups, employers and the community is very important. Support and information is available from:



**Australian Breastfeeding Association (ABA)**

The Australian Breastfeeding Association (ABA) is Australia's peak breastfeeding information and support service.

<https://www.breastfeeding.asn.au/> and  
<https://www.breastfeeding.asn.au/breastfeeding-education-classes>



**Breastfeeding Helpline**

Trained breastfeeding counsellors are available 24 hours a day by phone or chat line to answer questions about breastfeeding.  
**1800 686 268 (1800 mum 2 mum)**



**Milky Way Breastfeeding & ABA mum2mum apps**

The Milky Way Breastfeeding and the ABA mum2mum apps can be downloaded from your app store. They provide clear information about breastfeeding.



**Breastfeeding information and videos**

Breastfeeding information and videos are available at:

- [raisingchildren.net.au/newborns/breastfeeding-bottle-feeding](http://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding)
- [raisingchildren.net.au/babies/breastfeeding-bottle-feeding-solids](http://raisingchildren.net.au/babies/breastfeeding-bottle-feeding-solids)



**Child & Family Health Nurses**

Find your closest clinic

Child & Family Health Nurses offer one-on-one and group breastfeeding information and support to families. No referral is needed.

**For information sessions:** see ISLHD Child and Family Health on Facebook or email [ISLHD-CFHNGroups@health.nsw.gov.au](mailto:ISLHD-CFHNGroups@health.nsw.gov.au)



**Supportive workplaces**

A supportive workplace can provide time and space for women to breastfeed or express their breastmilk:  
<https://www.breastfeeding.asn.au/workplace>  
<https://raisingchildren.net.au/grown-ups/work-child-care/going-back-to-work/returning-to-work>



**Early Childcare Centres**

Early Childcare Centres can provide a comfortable space for women to breastfeed and can feed expressed breastmilk to babies in their care.



**Breastfeeding Welcome Here Program**

Women can breastfeed their babies anywhere. Venues can receive a Breastfeeding Welcome Here sticker to show that they support breastfeeding.  
<https://www.breastfeeding.asn.au/services/welcome>

# Encourage and support breastfeeding

**Breastfeeding provides the best start for babies and has life-long benefits for both mothers and babies.**

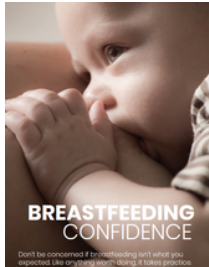


Breast milk contains the correct balance of nutrients for each stage of a baby's growth and boosts a baby's immune and digestive systems with antibodies and good bacteria.



# Learning about breastfeeding

## Resources for families



### Breastfeeding Confidence

is a free downloadable booklet from the Australian Breastfeeding Association. It is a quick guide to essential things to know about breastfeeding and is available in 13 languages.

<https://www.breastfeeding.asn.au/bfinfo/breastfeeding-confidence>



### Get Healthy in Pregnancy

is a free NSW government service. Professional phone-based health coaches support women to stay healthy during pregnancy, birth and beyond.

<https://www.gethealthynsw.com.au/program/get-healthy-in-pregnancy>

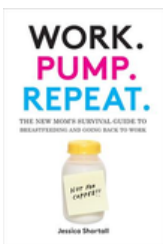


### Giving your baby the best start

contains up-to-date advice about the amounts and types of foods that infants need for health and wellbeing

<https://www.eatforhealth.gov.au/file/giving-your-baby-best-start-brochure>

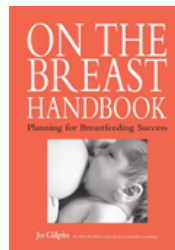
## Books for adults



### Work. Pump. Repeat. The new mom's survival guide to breastfeeding and going back to work

is a practical book with stories, tips and strategies for women juggling work and breastfeeding.

ISBN: 9781419718700



### On the Breast Handbook – Planning for breastfeeding success

is written by experienced Australian midwife and Lactation Consultant, Jo Gilpin.

ISBN: 9780646549095

### Breastfeeding Naturally

is produced by the Australian Breastfeeding Association and provides up-to-date information from both scientific research and the collective wisdom of thousands of mothers.

ISBN: 9781921001024

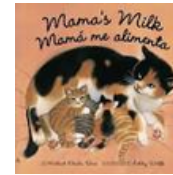


### Born to Breastfeed – the first six weeks and beyond

by Rowena Gray - an experienced midwife and lactation consultant who understands the pressures and challenges that new parents face.

ISBN 978-0-9775029-5-0

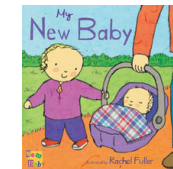
## Books for children



### Mama's Milk by Michael Elsohn Ross

provides an opening for conversations about how animals and humans feed their babies.

ISBN: 9780553538748 (Board book)  
ISBN: 9781582461816 (Hardback)



### My New Baby by Rachel Fuller

is about a new baby in the family from the perspective of an older sibling.

ISBN: 9781846432767 (Hardback)



### Milky Moments by Ellie Stoneley

celebrates the joy of mothering and normalises breastfeeding as a part of day-to-day life.

ISBN: 9781780662558



### Best Milk by Kate Corothers

is written from a child's perspective and shows how breastfeeding fits into everyday life.

ISBN: 9780615362878



### Mama Feeds Me All the Colors A book of breastfeeding by Duopress Labs

celebrates breastfeeding while presenting babies with delicious natural foods.

ISBN: 9781950500291



### What does baby want? by Tupera Tupera

is a simple board book asking if baby wants a ball, a tambourine or a breastfeed.

ISBN: 9780714874074



### Mummy Makes Milk by Helen McGonigal

Archie is surprised to see his mum feed his baby sister at her breast and is full of questions.

ISBN: 9781783065448



### Mama, Who Drinks Milk Like Me? by Melissa Panter

is relevant to mothers and children no matter where they are on their breastfeeding journey.

ISBN: 9781320702980



### Breastfeeding your baby in Aus, Qld Health and Qld Uni

A story about a migrant family that is learning about breastfeeding in Australia.

ISBN: 9781875880157

WHO and UNICEF recommend that children start breastfeeding within an hour of birth and be exclusively breastfed for the first 6 months of life. From about the age of 6 months, solid foods should be introduced while continuing to breastfeed for up to 2 years and beyond.

