

Do I need a referral?

You can book yourself in to the CGH Breastfeeding Support Service or be referred by a:

- GP
- Domiciliary or Outreach Midwife
- Maternal & Child Health Nurse
- Paediatrician
- Other health professional

What do I need to bring to my appointment?

- Child health record
- Nappy changing needs/spare baby clothing

Your partner or support person is welcome!

There is no cost for this service.



Need more information or an appointment?

Contact our experienced
International Board Certified
Lactation Consultants (IBCLCs) on:
breastfeeding.support.service@cghs.com.au



Central Gippsland Health

155 Guthridge Parade Sale VIC 3850

Tel: (03) 51 438 600 Website: www.cghs.com.au



**CENTRAL
GIPPSLAND
HEALTH**

**Breastfeeding
Support
Service**



What is the Central Gippsland Health Breastfeeding Support Service?

This free service is available to new mothers who are experiencing breastfeeding difficulties or who would like assistance or further breastfeeding information.

We also offer expectant mothers a free two hour class to support the best start in their journey.

Our International Board Certified Lactation Consultants (IBCLC) can help with:

- Expert BF Class (suggested around 32-36 weeks book via WHIMS)
- sore nipples
- difficulty attaching
- low or over-supply
- expressing
- assisting you if you have had past breastfeeding issues
- education and addressing your breastfeeding concerns

Why breastfeed?



Exclusive breastfeeding for at least six months has numerous health benefits to both the mother and baby and is recommended by the World Health Organization (WHO).

Breast milk is produced by a supply=demand basis. The more your baby takes, the more breast milk is produced.

Breastfeeding is not always easy and it takes patience and time to learn. Support is important, especially during baby's first few weeks.

Where can I get more information?

Australian Breastfeeding Association (ABA) Helpline

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

Available 24 hours/7 days (you don't have to be a member to use this Service)

Website: www.breastfeeding.asn.au (website includes information on pump hire)

Maternal and Child Health Helpline
24 hour phone service
132 229

Pregnancy Birth & Baby
1800 882 436 (7am - 12 midnight)

Royal Women's Hospital
www.thewomens.org.au (search for breastfeeding)

Raising Children Network
www.raisingchildren.net.au (videos on breastfeeding and other info)

Medication and breastfeeding information
Monash Medical Centre
Telephone: (03) 9594 2361