



BLISS St George Hospital Breastfeeding Lactation

Information and Support Service

➤ **Easy English**

➤ **June 2023**

Your breastmilk is ideal for your baby and breastfeeding is healthy for Mothers.

Exclusive breastfeeding (nothing other than breastmilk) for around 6 months, ensures that your baby receives the full nutritional, immunological, and developmental advantages of breast milk, giving protection against infection and some chronic diseases. Continue to breastfeed when family foods are introduced around 6 months, and continue for as long as the mother and child desire.

Not breastfeeding increases the risk or severity of a number of conditions in infancy and later life, including: obesity in childhood and in later life; gastrointestinal infections; respiratory illness; otitis media (ear infections); urinary tract infections; bacteraemia-meningitis; sudden infant death syndrome (SIDS) necrotising enterocolitis in preterm infants; atopic disease (allergies); asthma; some childhood cancers; type 1 and type 2 diabetes; coeliac disease; inflammatory bowel disease; cardiovascular disease risk factors including high blood pressure; pyloric stenosis; physiological reflux. Reference - National Health and Medical Research Council, Department of Health and Aging, Infant Feeding Guidelines 2012.

Some Mothers who have certain medical conditions such as diabetes, obesity and high blood pressure may decrease their health risks by breastfeeding their baby.

LEARNING TO BREASTFEED

Learning to breastfeed can take time, patience and practice. Although natural, it is a learned skill. If you are undecided about breastfeeding we encourage you to give it a go for a few weeks. We do know that any amount of breastfeeding is better than no breastfeeding.

***We encourage you and your partner/support person to attend
at least one of the sessions below***

A FREE private Antenatal consultation is available if you are concerned about your ability to breastfeed, please contact one of our Lactation Consultants on 9113-2053. Before 30 weeks pregnant is the optimal time.

A FREE Antenatal session for all Parents 'Breastfeeding and Caring for you and your baby after birth' every Wednesday from 12-1pm. This session is particularly important for all our women with diabetes. Call our lactation consultants 9113 2053 to book this as it is can be provided online or face to face.

EVENING 2-hour Breastfeeding Classes are offered by a Lactation Consultant and Midwife – bookings made online at [Childbirth and Parenting Education Sessions | South Eastern Sydney Local Health District \(nsw.gov.au\)](https://www.nsw.gov.au/childbirth-and-parenting-education-sessions)

FREE POSTNATAL Breastfeeding Discussion Groups are held for newly birthed women and their support person on the maternity ward, daily at 1030. Ask your midwife about them.

PEER SUPPORT is offered and encouraged to all families through The Australian Breastfeeding Association. The 7 days a week phone number is: 1800 mum 2 mum - or the website is www.breastfeeding.asn.au ABA also offers a 3 ½ hour education session on learning about breastfeeding in your local area. Check their website for details.

Colostrum (your first milk) is in your breasts several months prior to baby's birth. This comes in small concentrated amounts and is very important for your baby. This can be hand expressed in late pregnancy and stored for your baby to use in the event your baby has difficulty maintaining their blood sugar in the first few hours or days. If you are interested in preparing for your baby in this way, speak with your Midwife or call one of our Lactation Consultants on 9113 2053 for a private consultation prior to 36 weeks gestation.

VIDEOS TO WATCH

- Watch the videos at www.firstdroplets.com importance of first feed and first milk
- Search - Global Health Media Attaching Your Baby at the Breast – excellent breastfeeding video
- Raising Children's website – Australian Parenting site has many fantastic videos to watch
- If you are struggling to hand express your milk
 - Search and watch– basics of breast massage and hand expression
 - Search and watch – Global health media expressing the first milk

FIRST FEW DAYS WITH YOUR BABY

- ❖ *Holding your baby in skin to skin contact will benefit baby and you – your midwife will show you how*
- ❖ *Responsive feeding – feeding when you see your baby showing early feeding cues such as bringing hands to mouth, licking lips, moving head around and/or wriggling body. Crying is often a late sign of wanting to feed.*
- ❖ *Many babies are sleepy the first day after birth and don't feed a lot.*
- ❖ *From the second day after birth, breastfeed a minimum of 8 effective feeds in 24 hours. Hold your unwrapped baby close to your body, supporting their body well at all times.*
- ❖ *If baby is not feeding well or causing you nipple or breast pain during the feed, remember to offer the breast when baby is showing early feeding cues. Try not to wait until the baby is crying. Let your midwife know so she can help you.*
- ❖ *An effective breastfeed is when baby stays latched onto the breast and sucks, swallows and breathes rhythmically. We suggest you offer both breasts every feed in the first few days.*
- ❖ *If your baby becomes jaundice (temporary yellowing of the skin) giving your baby lots of breastfeeds and breastmilk may assist your baby and lessen the chances that your baby will need treatment. Wake your baby and offer both breasts at least every 3 hours if your baby is becoming jaundice. If both breasts are not taken, express some milk and feed it to your baby. Your midwife can teach you to do this.*

AFTER HOSPITAL DISCHARGE

Call one of our hospital Lactation Consultants on 9113 2053 or one of our Midwives on 9113 3187 if you have any concerns or questions.

Your Child & Family Health nurse will also support you. Call 1 300 244 288 to book your first apt.

Your baby may feed more frequently on some days. This is not an indication you don't have enough milk, it means that your baby is growing normally. Breastfeeding more frequently will ensure your baby gets enough milk to meet your baby's needs.

St George Hospital Women's and Children's Health Services: CGD subcommittee CAG Dec 2013 Updated 2019, 2020, June 2021, updated June 2023