Your important health information

Learning about breastfeeding during pregnancy

Breastfeeding is normal and natural. It can be a rewarding experience for both parents and baby.

Learning about breastfeeding during pregnancy can help parents feel more confident with feeding their baby in the early days and weeks after giving birth.

Mercy Health breastfeeding support service

- Our Lactation Consultants offer individual breastfeeding support and advice for families in the lead-up to birth, and in the first few months of breastfeeding.
- The service is available across both Mercy Health maternity services, including in the neonatal nurseries.

Breastfeeding information online

	Australian Breastfeeding Association https://www.breastfeeding.asn.au/
	The first week, Australian Breastfeeding Association https://www.breastfeeding.asn.au/resources/first-week
	Breastfeeding basics video, Australian Breastfeeding Association https://www.breastfeeding.asn.au/resources/breastfeeding-basics-video
	Breastfeeding Confidence booklet, Australian Breastfeeding Association https://www.breastfeeding.asn.au/resources/breastfeeding-confidence-booklet

	Newborns: breastfeeding and bottle feeding, Raising Children Network https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding
	Positions for breastfeeding video, Global Health Media https://globalhealthmedia.org/videos/positions-for-breastfeeding/
	Attaching your baby at the breast video, Global Health Media https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/
	Breastfeeding in the first hours video, Global Health Media https://globalhealthmedia.org/videos/breastfeeding-in-the-first-hours-after-birth/

Community breastfeeding supports

- National Breastfeeding Helpline: 1800 686 268 (131 450 for interpreter) 24 hours a day, 7 days a week. This is a free service you can contact anytime during pregnancy and after your baby is born.
- The Australian Breastfeeding Association delivers both in person and online 'preparing for breastfeeding' classes. There are specific classes available for families expecting multiples, women with diabetes, and LGBT+ families (https://www.breastfeeding.asn.au/education).
- Australian Breastfeeding Association's local support groups (https://www.breastfeeding.asn.au/connect-your-local-group).
- Most local councils offer lactation support – during pregnancy, you can ask your Midwife about what your council offers or refer to your local council's website.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Breastfeeding Support Service
Phone: 03 8458 4677

Werribee Mercy Hospital

Breastfeeding Support Service
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