

Learning about breastfeeding during pregnancy







Breastfeeding is normal and natural. It is a rewarding experience for both mother and baby. The early days and weeks are a time for learning – and learning about breastfeeding during pregnancy can help you feel more confident in the early days and weeks.

Breastfeeding doesn't always go perfectly at first, but with the right support and information most women breastfeed successfully.

Western Health Lactation Services

- Joan Kirner Women's and Children's, Sunshine Hospital is a 'Baby Friendly Health Initiative' accredited facility. This means that we are committed to promoting, protecting and supporting breastfeeding and we follow the World Health Organization's [10 steps to Successful Breastfeeding](#).
- Joan Kirner Women's and Children's, Sunshine Hospital has a team of Lactation Consultants and a Breastfeeding Support Enrolled Nurse. The service is available across all areas of the hospital including Newborn Services 7 days per week.
- Electric hospital grade breast pumps are available for you to use, the pump is called the [Ardo Carum](#).

Breastfeeding information online

- [Australian Breastfeeding Association website](#) 
- Australian Breastfeeding Association's [Breastfeeding Basics video](#) 
- Australian Breastfeeding Association's [Breastfeeding Confidence booklet](#)
- [Raising Children Network website](#) 
- Global Health Media's breastfeeding videos:
 - [Positions for breastfeeding](#)
 - [Attaching your baby at the breast](#)
 - [Breastfeeding in the first hours](#) 

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Expressing colostrum during pregnancy and after birth.

- Speak to your midwife or obstetrician about expressing colostrum in late pregnancy. For some women this may be recommended so your first breast milk can be given to your baby after birth.
- Hand expressing is an important skill for women to have, you will be assisted to learn how to hand express after your baby is born. You can watch this [video](#) to learn more about hand expressing or if you have been encouraged to express in later pregnancy.



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 and LGBT+ families.
- Australian Breastfeeding Association’s [local support groups](#)
- 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.



The Australian Charter of Healthcare Rights describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights



Author: Lactation Services
Date: October 2021
Next Review: October 2024
Version Control: v3



consumer endorsed

been developed in partnership with Western Health consumers.

