

Learning about breastfeeding during pregnancy



Western Health

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 Online Breastfeeding Class

- Whilst we are not currently able to offer our face to face breastfeeding classes, you can access the online [breastfeeding presentation](#). Watching with or sharing with the support people in your life can help them to learn more about breastfeeding and how to support you in your breastfeeding journey.

Western Health Breastfeeding Support Service

- Joan Kirner Women's and Children's 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](#).
- During your pregnancy or after your baby is born you can contact a Lactation Consultant 7 days a week on 9055 2448 to talk through any questions or concerns you may have. We can put together a plan with you and support you to meet your breastfeeding goals.
- Joan Kirner Women's and Children's Hospital has a team of Lactation Consultants and a Mothercraft Nurse available 7 days per week. We work across all areas of the hospital including in Newborn Services.
- Within hospital we have hospital grade breast pumps that are available for you to use if you need. The pumps we have available are called an [Ardo Carum pump](#).

Breastfeeding information online

- Australian Breastfeeding Association website: <https://www.breastfeeding.asn.au>
- Australian Breastfeeding Association's [Breastfeeding Confidence booklet](#)
- Raising Children's Network: <https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding>

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- Global Health Media's breastfeeding videos:
 - [Positions for breastfeeding](#)
 - [Attaching your baby at the breast](#)
 - [Breastfeeding in the first hours](#)

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 it can be given to your baby after birth.
- If it is recommended to you or safe to do so and you would like to, speak with your midwife or contact a Western Health Lactation Consultant about how to express in late pregnancy on 9055 2448.
- 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. [Unicef hand expressing video.](#)

Community breastfeeding supports

- National Breastfeeding Helpline: **1800 686 268** 24hours a day, 7 days a week.
- Australian Breastfeeding Association's local support groups
<https://www.breastfeeding.asn.au/contacts/groups>
- Most local councils offer breastfeeding support – you can ask your maternal child health after your baby is born about what your council offers or refer to your local council's website.
- If you are unsure where you can find support you can contact a Western Health Lactation Consultant on 9055 2448.

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

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consumer endorsed

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