

# Breastfeeding supports and information



## After leaving hospital, the following breastfeeding support services are available:

- A midwife will visit you 1-2 days after you leave hospital.
- If you were under the care of a MGP Midwife, they will stay in contact with you for up to 2 weeks.
- The Maternal & Child Health Nurse from your council will contact you within 1-2 weeks.
- 24-hour Maternal & Child Helpline(FREE) Ph: 132 229
- 24-hour Breastfeeding Helpline(FREE) Ph: 1800 686 268(131 450 for interpreter)
- Australian Breastfeeding Association's website [LiveChat](#) Mon – Fri 8-10pm
- Private Lactation Consultants can be found at [LCANZ website](#)








## Council Breastfeeding Support Services (All Free) \*current March 2022

- [Brimbank City Council](#): Breastfeeding clinic by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9249 4433.
- [City of Melbourne](#): Breastfeeding clinic by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9340 1444.
- [Hobson's Bay Council](#): Breastfeeding clinic by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9932 1300.
- [Hume Council](#): Breastfeeding clinic by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9205 2844. Various locations and times across Hume.
- [Macedon Ranges](#): Breastfeeding Support Service by appointment –Wednesdays 9am-4pm in Woodend. Speak with your Maternal & Child Health Nurse or call (03) 5422 0281.

- [Maribyrnong Council](#): Breastfeeding Support by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9688 0501.
- [City of Melton](#): Breastfeeding support service by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9747 5462.
- [City of Moonee Valley](#): Breastfeeding support clinic by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9243 1895.
- [Moorabool Council](#): Breastfeeding clinic or home consultations by appointment. Speak with your Maternal & Child Health Nurse or call (03) 5366 7100.
- [Moreland Council](#): Breastfeeding support by appointment. Mondays 9am-3pm in Merlynston and Wednesdays 9am-3pm in Coburg. Call (03) 9240 1111.
- [Wyndham Council](#): Breastfeeding phone consultations by appointment. Speak with your Maternal & Child Health Nurse or call (03) 9742 8148.

### Breastfeeding information online

- Australian Breastfeeding Association's [Breastfeeding Confidence booklet](#)
- Australian Breastfeeding Association's [Breastfeeding Basics video](#) → 
- Australian Breastfeeding Association website articles
  - [Expressing and storing breastmilk](#) → 
  - [Engorgement](#)
  - [Sore/cracked nipples](#) 
  - [Blocked ducts](#)
  - [Mastitis](#)
- [Raising Children Network website](#) 
- Global Health Media's breastfeeding videos
  - [Positions for breastfeeding](#)
  - [Attaching your baby at the breast](#)
  - [Is your baby getting enough milk?](#)
  - [What to do about nipple pain](#) 

**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](http://www.safetyandquality.gov.au/australian-charter-healthcare-rights)



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