

## Australia welcomes breastfeeding

You can breastfeed anywhere in Australia.

Every woman has the right to breastfeed her child whenever she needs to.



## Who do I contact for support?



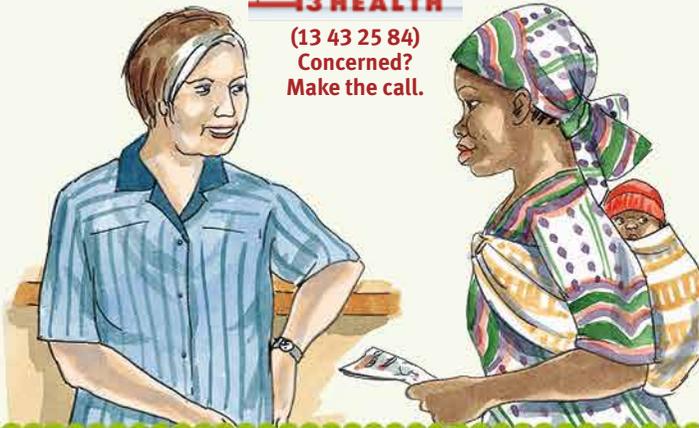
Contact a Child Health Nurse about expressing breastmilk or if you are concerned about your breastmilk supply.

Queensland Health  
[www.health.qld.gov.au](http://www.health.qld.gov.au)

Australian Breastfeeding Association  
1800 mum 2 mum (1800 686 268)  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

13 HEALTH

(13 43 25 84)  
Concerned?  
Make the call.



Breastfeeding  
your  
**baby**  
in Australia

May 2015

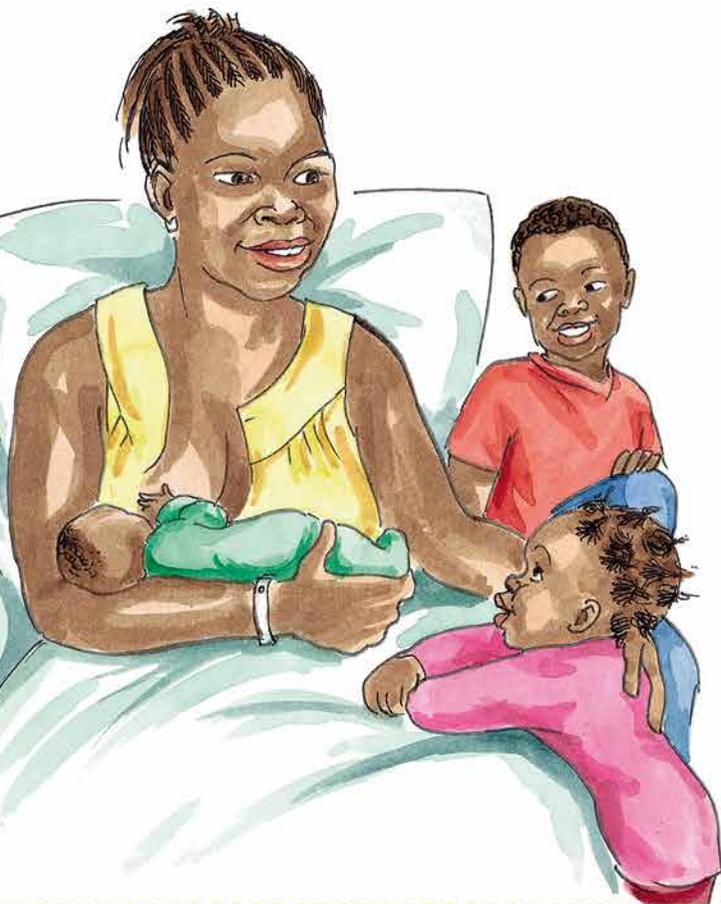
## Is giving formula the same as breastfeeding?

No. Breastmilk has everything your baby needs.

Formula does not meet your baby's needs as well as breastmilk.

Breastfeeding also helps your baby to fight sickness and stay healthy.

Breastmilk is all your baby needs for the first 6 months of life. Your baby does not need any other foods or fluids before 6 months of age.



## Am I making enough breastmilk?

Yes, if your baby:

- is growing well
- uses at least 6 wet cloth nappies OR 5 wet disposable nappies each day.



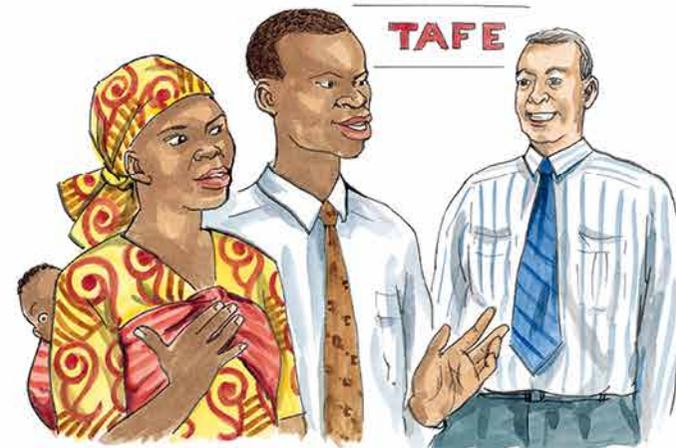
## How can I increase my milk supply?

- Breastfeed more often as this will make more milk for your baby.
- Ensure you get enough rest.
- Drink plenty of water and eat healthy foods.



Babies cry for lots of reasons and it may not mean that you do not have enough milk.

Giving formula or solid foods to your baby may reduce your breastmilk supply.



## What if I'm starting English classes or going to work?

When you need to be away from your baby or if your baby has to go to childcare, you can give them breastmilk, but you need to plan ahead.

Try to find childcare close to your work or English class so you can breastfeed in the breaks.

*Express* your milk into a bottle so someone else can give it to your baby later. This will maintain your breastmilk supply and ensure your baby is still getting the benefits of breastmilk.

