

Helping you develop
breastfeeding confidence.

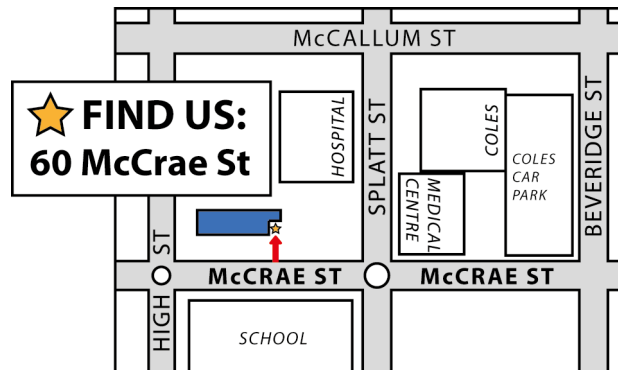
Here to provide the support
you need and deserve.

WE'RE ON YOUR TEAM!



Parking

2 hour parking is available
in front of the building at
60 McCrae Street.



Breastfeeding Support Service



Experienced midwives
available for help and support
with all things breastfeeding

For more information contact: Health Promotion

Swan Hill District Health, Swan Hill, 3585
Email: hpreception@shdh.org.au
Phone: (03) 5033 9337 Fax: (03) 5036 4561
www.shdh.org.au/breastfeeding
eatmovesmile.shdh.org.au
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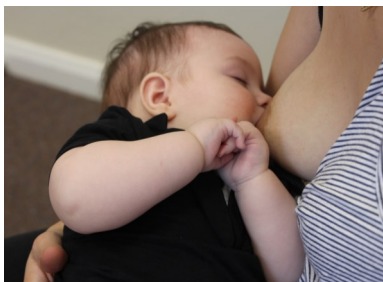


VENUE:
8:30am-5:00 pm
60 McCrae Street
Swan Hill, 3585



Swan Hill
District Health
my hospital

Breastfeeding Support



- Assessing breastfeeding
- Timing of feeds
- Attachment technique help
- Emotional Support
- Weighing of baby and checking wellness
- Improving weight gain
- Nipple pain and trauma
- Engorgement
- Mastitis
- Sore and cracked nipples
- Blocked ducts
- Expressing help and advice
- Work and continuing breastfeeding
- Assistance to teach baby to feed without the nipple shield

Our team

The benefits of breastfeeding to mother, infant and family are well known, but there are many reasons why the road can be hard. It's common to need extra help once you go home.

We want to see you through the tough times so you can be comfortable and enjoy early motherhood.



Our experienced midwives Nicole and Sonya are available to provide you with extra support.

We can visit you at home or you can come and see us at Health Promotion.

Local Services

- **Breastfeeding Support Service, Health Promotion**
5033 9337
- **Australian Breastfeeding Association**
1800 686 268
www.breastfeeding.asn.au
Local counsellor (Kristin)
0417 355 329
- **Midwifery Unit, Swan Hill District Health** (advice and support up to 6 weeks of age)
5033 9269
- **Maternal & Child Health**
Swan Hill 5032 0300,
24 hour telephone service
13 22 29
- **Mallee District Aboriginal Service**
Swan Hill
5032 8600

