

Antenatal Breastfeeding Sessions – 2026

Join the Community Health Breastfeeding Support Service for a one hour session to learn about breastfeeding before your baby is born.

Topics covered include:

- What happens to breasts during pregnancy and the impact on feeding.
- Identifying your support team
- Benefits of breastfeeding
- Incorporating breastfeeding into your life
- Practical activities and more!

NOTE: Sessions open to women and partners at any stage of pregnancy.

UPCOMING DATES

MARCH 2026

Monday 2nd March 9am - 10am
@ Community Health
125 Campbell St, Swan Hill

MAY 2026

Wednesday 6th May 6pm-7pm
@ Child and Youth Hub
63 McCrae Street, Swan Hill

JUNE 2026

Monday 1st March 9am - 10am
@ Community Health
125 Campbell St, Swan Hill

For more information or to register your interest in attending, contact
Community Health



Swan Hill
District Health
Connected Care. Best Experience.



Community Health



5033 9337



BREASTFEEDING GROUP

BREASTFEEDING. MIXED FEEDING. BOTTLE FEEDING

When: Drop in between 9:30am and 11am, Thursdays
**Where: Child and Family Hub, 63 McCrae St,
Swan Hill**

Come together with other parents and carers to find support and share experiences of your infant feeding journey.

A free community group, with the local Breastfeeding Support Service in attendance to help answer any of your questions.

Dates subject to change in 2025, please see the Breastfeeding page on Swan Hill District Website to confirm details or call Community Health at 5033 9337 for more information



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- Identifying your support team
- Benefits of breastfeeding
- Incorporating breastfeeding into your life
- Practical activities and more!

NOTE: Sessions open to women and partners at any stage of pregnancy.

Time

9am – 10am

Dates

first Monday of the month:
2nd February 2026 & 2nd March 2026

Location

Community Health
125 Campbell St,
Swan Hill

For more information or to register your interest in attending, contact Community Health



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5033 9337



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Breastfeeding Photo Comp

Community Health are hosting a photo competition for World Breastfeeding Week!

To participate fill and send in a photo consent form with a breastfeeding photo to thiggins@shdh.org.au

There are two \$50 vouchers up for grabs as prizes!



Competition ends on Wednesday 31st July!

How to enter:

1. Get inspired and take a photo either breastfeeding or around your breastfeeding experience
2. Send photo and any additional comments about the image to thiggins@shdh.org.au
3. When photo is received, a photo consent form will be sent to be completed by participant
4. Competition winners will be announced on eat.move.smile Facebook and Instagram on **Monday 5th August at 10am.**

For more information contact Tara at Community Health at 5033 9337.

Breastfeeding Support



LOCAL

SHDH Breastfeeding Support Service



5033 9337



125 Campbell St. Swan Hill

8.30am - 5pm, Mon - Fri



Community Health

SHDH Midwifery



Swan Hill
District Health



5033 9269



28 Splatt St. Swan Hill

24 hours (up to 6 weeks old)

Mallee District Aboriginal Services



5032 8600



70 Nyah Rd. Swan Hill

9am - 5pm, Mon - Fri

Maternal Child Health



SWAN HILL
Rural City Council



5032 0300



154 Curlewis St. Swan Hill

8.30am - 5pm, Mon - Fri

AFTER HOURS

ABA Helpline



1800 686 268 - 24 hours

Maternal Child Health Line



13 22 29 - 24 hours

Nurse on Call



1800 60 60 24 - 24 hours

USEFUL RESOURCES

Mum2Mum
App



SMS4Dads
App



My Baby
Now App



Royal Women's
Website



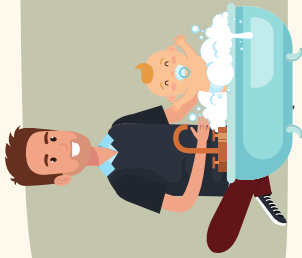
Early Years
Online Hub



Scan QR code to
access websites



How partners can support breastfeeding



BATHING, BURPING AND NAPPIES

Participate in other essential care giving tasks to allow the mum to rest and recover

PROVIDE EMOTIONAL SUPPORT

Be understanding of the physical and emotional demands of breastfeeding, and create a supportive environment for the mum - with comfortable seating, pillows and supplies



ASSIST WITH HOUSEHOLD CHORES

Take on some more household responsibilities such as cooking, cleaning and laundry to alleviate the mothers workload



ALONE TIME WITH BABY

Spending some private time allows for mum to take a break, rest and engage in self-care, and also assists with father-baby bonding



Newborn Stomach Capacity

Your breastmilk is all your baby needs!



Day 1

Size of a cherry
5 to 7 ml
1 to 1.5 tsp



Day 3

Size of a walnut
22 to 27 ml
4.5 to 5.5 tsp



Week 1

Size of a apricot
45 to 60 ml
3 to 4 tbsp



Week 2

Size of an egg
80 to 150 ml
5 to 10 tbsp

A baby's stomach is tiny. Your little one won't need a lot of food, but they'll need it frequently.



Swan Hill District Health Breastfeeding Support Service
125 Campbell Street, Swan Hill
Contact: 50333 9337

Breastfeeding Support



LOCAL

SHDH Breastfeeding Support Service

-  5033 9337
-  125 Campbell St. Swan Hill
- 8.30am - 5pm, Mon - Fri

SHDH Midwifery

-  5033 9269
-  28 Splatt St. Swan Hill
- 24 hours (up to 6 weeks old)

Mallee District Aboriginal Services

-  5032 8600
-  70 Nyah Rd. Swan Hill
- 9am - 5pm, Mon - Fri

Maternal Child Health

-  5032 0300
-  154 Curlewis St. Swan Hill
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AFTER HOURS

ABA Helpline

-  1800 686 268 - 24 hours

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Nurse on Call

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Swan Hill
District Health



Breastfeeding Support




USEFUL RESOURCES


Early Years Online Hub

 <https://www.earlyyearsonlinehub.org.au/>


Mum2Mum App

 <https://www.breastfeeding.asn.au/mum2mum-app>

My Baby Now App

 <https://www.infantprogram.org/2021/09/28/download-the-new-my-baby-now-app-today/>

Breastfeeding Welcome Venue Map

 <https://www.breastfeeding.asn.au/map>



Swan Hill
District Health



Antenatal Breastfeeding Sessions

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Topics covered include:

- What happens to breasts during pregnancy and the impact on feeding.
- Identifying your support team
- Benefits of breastfeeding
- Incorporating breastfeeding into your life
- Practical activities and more!

When

9am on the third
Monday of the
month

Where

Community Health
125 Campbell St,
Swan Hill

For more information or to register your interest in attending, contact Community Health



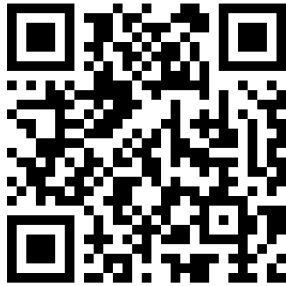
Swan Hill
District Health



Community Health



5033 9337



**Antenatal Breastfeeding Session
Feedback**



**Breastfeeding Group - Getting to
know you**



Breastfeeding Group Feedback



BREASTFEEDING GROUP

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When: Drop in between 9 and 10.30am, Thursdays
**Where: Community Health, 125 Campbell St,
Swan Hill**

Come together with other parents and carers to find support and share experiences of your infant feeding journey.

A free community group, with the local Breastfeeding Support Service in attendance to help answer any of your questions.

Morning tea provided.

For more information or to register your interest in attending, contact Community Health

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Swan Hill
District Health



Community Health

Time

9am – 10am

Dates

first Monday of the month:

- 5th August
- 2nd September
- 7th October
- 4th November

Location

Community Health
125 Campbell St,
Swan Hill

For more information or to register your interest in attending, contact
Community Health



50333 9337

Antenatal Breastfeeding Sessions

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Breastfeeding Support Service for a one hour session to learn about breastfeeding before your baby is born.

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Swan Hill
District Health



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3. When photo is received, a photo consent form will be sent to be completed by participant
4. Competition winners will be announced on eat.move.smile Facebook and Instagram on **Monday 5th August at 10am**.

For more information contact Tara at Community Health at 50353 9357.

How to enter:

1. Get inspired and take a photo either breastfeeding or around your breastfeeding experience
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Breastfeeding Support Service Swan Hill District Health

5033 9337

My Breastfeeding Notes



Breastfeeding Support Service Swan Hill District Health

5033 9337

My Breastfeeding Notes



eat fruit & veg **move** more often **smile** together



eat fruit & veg **move** more often **smile** together





Newborn Stomach Capacity

Your breastmilk is all your baby needs!



Day 1

Size of a cherry
5 to 7 ml
1 to 1.5 tsp



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**Swan Hill District Health Breastfeeding
Support Service**

125 Campbell Street, Swan Hill
Contact: 5033 9337

Dad's Riverside Coffee Stay and Play

**For Dads and male
carers with children
from birth to 6 years.**

Join us for fun mat play
and ball activities for you
and your children.

Meet other dads and
enjoy a FREE hot drink!

Time: 12pm to 1pm

Dates: Thursdays 5th September
12th September
19th September

Venue: Grass area outside House + Bean Cafe
Riverside Park, 1 Monash Drive, Swan Hill.

**For more information please contact Courtney
at 0418 157 923.**

Weather disclaimer: If there is bad weather stay and play with move
inside House + Bean Cafe for kids story and colouring in activity.



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