

We're on your team

Helping you develop
breastfeeding confidence.

Here to provide the support
you need and deserve.



FOR MORE INFORMATION CONTACT:

Community Health Department

Swan Hill District Health

Address: 125 Campbell Street

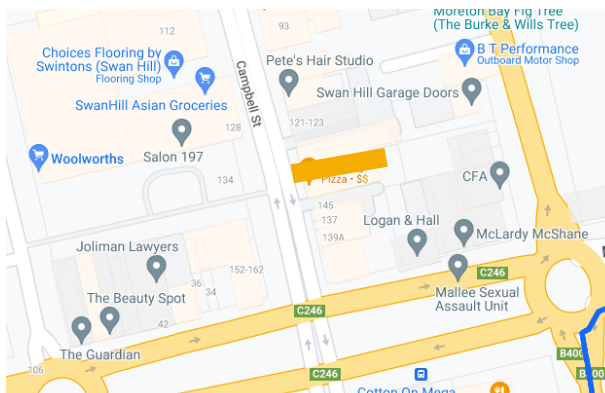
Phone: (03) 5033 9337

Fax: (03) 5036 4561

Email: chreception@shdh.org.au

Web: www.shdh.org.au

<http://eatmovesmile.shdh.org.au>



**Swan Hill
District Health**



Experienced midwives available for help
and support with breastfeeding



Breastfeeding Support Service

8:30am—5.00pm
Monday to Friday
125 Campbell Street, Swan Hill, 3585

Breastfeeding Support

- Assisting breastfeeding
- Sore and cracked nipples
- Nipple pain and trauma
- Engorgement
- Mastitis
- Blocked ducts
- Expressing help and advice
- Attachment technique help
- Assistance to teach baby to feed without the nipple shield
- Improving baby's weight gain
- Weighing of baby and checking wellness
- Emotional support
- Work and continuing breastfeeding
- Weaning
- Referral to other services



Breastfeeding

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 Sonya and Sheree are available to provide you with extra support.

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



Local Services

- **Breastfeeding Support Service** Community Health 5033 9337
- **Australian Breastfeeding Association** 1800 686 268
www.breastfeeding.asn.au
- **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, 50328600

