

# Breastfeeding assistance

## Lactation service



Our lactation service offers breastfeeding assistance to women who have accessed University Hospital Geelong for their maternity care, postnatal care or have had a baby admitted to special care nursery.

The service is staffed by midwives who are International Board Certified Lactation Consultants.

Our experienced breastfeeding experts offer appointments for mothers with babies usually up to 6 weeks old. Bookings for this clinic are essential.

### The lactation service aims to

- assist parents with all feeding issues by supporting and enabling mothers to successfully breastfeed and establish a relaxed nurturing experience
- improve parenting knowledge, skills and experience
- increase parenting confidence and independence when breastfeeding
- promote positive parent/child relationships.

### Services

Lactation consultants are available to support women, in hospital or after discharge, with breastfeeding advice, for example:

- positioning and attachment advice
- management of sore nipples
- assessment of milk supply
- medications and breastfeeding
- feeding support for twins or triplets
- cleft lip and or palate
- mastitis
- breast and nipple thrush
- tongue-tie
- any other breastfeeding concerns, including concerns arising during pregnancy.



## Appointments

The lactation service operates on Monday, Wednesday, Thursday and Friday from 9.00am to 12.00 midday at the Community Midwives Centre, 59a Sydney Parade, Geelong.

**To make an appointment phone Baxter Maternity Reception: (03) 4215 2060**

**7:30am- 8pm, Monday to Friday**

**9:00am- 5pm, Saturday & Sunday**

## Other resources

- Australian Breastfeeding Association: Phone 1800 686 268, [breastfeeding.asn.au](http://breastfeeding.asn.au)
- [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)
- [raisingchildren.net.au](http://raisingchildren.net.au)
- Maternal & Child Health 24-hour telephone advisory service: Phone 13 22 29

This document was developed by Maternity Services, Barwon Health.

