

# Grampians Health Breastfeeding Support Services

## Information for consumers

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The Breastfeeding Support Services at Grampians Health (Ballarat and Horsham) offer information and support to women and families who are experiencing breastfeeding difficulties in the first few months following birth, or who simply want reassurance and advice about breastfeeding. Our services are staffed by experienced International Board Certified Lactation Consultants who can offer support and advice for a range of issues.

### Advice during pregnancy

- Previous breast surgery.
- Previous difficulties with breastfeeding.
- Medications and breastfeeding.
- Multiple pregnancy.
- Baby with a cleft lip and/or palate or other medical issues.
- Anything else which might cause breastfeeding challenges.

### Support after your baby is born

- Positioning and attachment.
- Sore nipples.
- Concerns about milk supply.
- Concerns about baby's weight.
- Medications and breastfeeding.
- Previous breast surgery.
- Feeding support for mothers with preterm or unwell babies.
- Feeding support for mothers of twins or triplets.
- Baby with cleft lip and/or palate.
- Mastitis.
- Breast and nipple thrush.
- Tongue-tie.
- General breastfeeding support and information.

**There is no cost for this service.**

## Breastfeeding Clinics Locations:

### Ballarat

**Maternity Outpatients Department 1011 Mair Street, Ballarat**

Mondays, Tuesdays, and Fridays -by appointment. Ph. 0439981937 or 53204533

**Parent Place - corner Sturt and Albert Street Central Ballarat**

Thursdays - by appointment. Ph. 0439981937 or 53204533

### Horsham

**Maternity Outpatient Clinic 20 McLachlan Street Horsham. Ph 53819010**

## What to bring to your appointment

- Baby's Child Health Record (green book).
- Nappies, change of clothes for baby.

During this appointment the Lactation Consultant will watch your baby breastfeed so it's best if your baby is ready for a feed when you arrive.

## Cancelling or changing your appointment

We have a waiting list for this service. If you want to cancel or change your appointment, please call us as soon as possible, preferably a couple of days in advance so that we can offer the appointment to another mother.



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### Other useful contacts

**The Australian Breastfeeding Association (ABA)**

**24-hour helpline**

Ph. 1800 686 268

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**Drug Advisory Information for Breastfeeding Mothers**

**Royal Women's Hospital Medicines Information Line**

Ph.; 8345 3190 Monday to Friday 9.00am to 5.00pm

**Monash Health Drug Information Centre**

Ph.: 9594 2361 Monday to Friday 0830-1700