

## BREASTFEEDING SUPPORT SERVICE

Breastmilk is the perfect food for your baby. The early weeks are an important time for learning the art of breastfeeding and every experience is different.

Colac Area Health Breastfeeding Support Service has an International Board Certified Lactation Consultant (IBCLC) offering education, information and support to ensure you have the best experience possible.

Our Lactation Consultant (LC) can assist with:

- understanding how breastmilk is produced
- optimising breastmilk production position and latching baby to breast
- how to tell if your baby is getting enough milk
- what to expect in the early weeks
- offering solutions to common problems and on-going support for complications.



Please phone the Breastfeeding Support Service on 5232 5265 anytime.

**Feeding Plan for:** \_\_\_\_\_

Date: \_\_\_\_\_

Age: \_\_\_\_\_

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### Normal newborn feeding patterns and behaviours

**Feeding** – 6-25 feeds in 24hrs (average 12-13) is normal for any baby in the early days. You are the baby's outside placenta.

**Irregular feeding is normal** – time, frequency and duration, their needs are constantly changing!

Babies feed for **HUNGER** and **COMFORT**, not just for nutrition.

**Looks at feeding** – rhythmical and swallowing (seen or heard)

**3 stages** – there are stages to a feed, rather than a 'time'

1. Active to get milk flowing
2. Rhythmical feeding pauses
3. Sleepy phase where less feeding and longer pauses until baby detaches

Review:

Australian Breastfeeding Association: 1800 686 268  
Maternal Child Health Line: 13 22 29 (24hrs)

