



Breastfeeding in the Festive Season

Breastfeeding problems and mother and babies don't go on holidays. When our patients and families give birth or discharge in the festive season we might be wondering how we can help.

The best thing is to be prepared. Start talking now to patients who are likely to be birthing and postnatal in this time. Make sure they have considered the possible lack of resources open. The C&FHC has announced their closures from 20th December through till 2nd January. New mothers will have to wait over 2 weeks to access face to face support. The retailers who supply and deliver breast pumps probably don't operate on Christmas Eve and you probably can't hire one all through that week.

While family support would be lovely and unrestricted at this time, professional referrals would not be available. Any urgent issues for our maternity patients will need to present to the Maternity Hospital of Birth. Mothers who are postnatal can attend the Birthing Unit up to 3 weeks post birth. After that they must present to the local ED.

Breastfeeding Support over the festive season would be given by the Midwifery In the Home (MITH). Medicare patients birthing at the RHW and within area, would access this service. The only day midwives do not do home visits is Christmas day. On Christmas day, parents with breastfeeding issues or postnatal concerns would be directed to the postnatal ward 93826348.

Breastfeeding Support that never stops is from the Australian Breastfeeding Association (ABA). The National Help Line will field calls every single day. 1800686268. They can also provide a breast pump during this time at a cost. There is a huge saving as a member. Joining the ABA would be an excellent suggestion to families who may birth in the holidays. The membership would also give them access to more resources and the virtual village. Virtual Village for new parents is \$70 a year. This includes 50% off pump hire and access support and resources. What a great Christmas present!

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



Breastfeeding Helpline
1800 mum 2 mum
1 8 0 0 6 8 6 2 6 8

From the SESLHD Lactation Group, we wish our colleagues and friends from the CESPHE a safe and relaxing holiday and a prosperous 2025.