

RHW ANTENATAL LACTATION SUPPORT

Hello from the Lactation team at RHW.



How can GPs support Breastfeeding?

Doctors are in a position of TRUST and Credibility. Asking about breastfeeding **duration**, instead of **intention**, galvanizes where we stand on the benefits of breastfeeding. 97% of mothers initiate breastfeeding in this facility. Exclusive breastfeeding is encouraged.

For those mothers who “**decide**” to formula feed, we support them and inform them with advice from [Raising Children](#) on formula selection, preparation and bottle feeding.

Parents who intend to **Mix feed** need information and support as this method leads to early unplanned weaning and low supply. Mothers who “intend” to breastfeed are encouraged to “establish” breastfeeding before introducing formula. It can take up to 6 weeks to establish breastfeeding.

Free Antenatal Breastfeeding Information sessions at the RHW:

- Every Thursday at 10:30am
- There is also an evening session on the first Tuesday of Every Month.
- Booking via [TryBooking](#).
<https://www.trybooking.com/events/landing/181643>
- Some sessions are face to face and some are online. If the face to face is booked out, encourage the patient turn up and make sure they sign in.



Australian Breastfeeding Association also offer antenatal breastfeeding classes with membership. [Membership](#) is \$90 per year and the classes cost \$25

The National Breastfeeding helpline **1800 686 268**

RHW Antenatal Breastfeeding Counselling

The RHW CMC Lactation runs a clinic to counsel mothers who need extra support in preparation for breastfeeding. The clinic runs every first and third Wednesday afternoon of every month. Referral criteria are broad and includes previous breastfeeding challenges, hx of breast surgery and breast hypoplasia.

Booking via the RHW OPD **93826044** or by contacting Lactation Services CMC **93826341**

To best support a mother to breastfeed, direct her to the RHW Antenatal Breastfeeding Information Session during pregnancy and discuss any concerns with our highly skilled BFHI trained midwives and encourage her to join the Australian Breastfeeding association.

For a copy of the NSW Health Breastfeeding booklet,
scan this QR code

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