



Episode 10: Breastfeeding  
with Jessica Leonard from the Australian Breastfeeding Association

## Breastfeeding

**Helpful tips for breastfeeding, plus the struggle that women can experience when attempting to breastfeed.**

**Tiffany:** Hi everyone. Our guest today is Jessica Leonard. She is the public relations officer and a breastfeeding counsellor from the Australian Breastfeeding Association. Today's episode is all about, you guessed it, breastfeeding. We'll be discussing how to prepare, tips and tricks, and where, when, and how to get the right support. Thanks so much for coming on today, Jessica.

**Jessica:** Such a pleasure to be here, speaking to you. Thanks, Tiffany.

**Tiffany:** Before we get started today, could you tell us a little bit more about the Australian Breastfeeding Association and how you came to be a breastfeeding counsellor there?

**Jessica:** Yeah, of course. So these Australian Breastfeeding Association or ABA, as we tend to call it, started in 1964. So it was started by a group of mums, in a lounge room, in the suburbs of Melbourne. And they started it because they wanted to help other women to breastfeed their babies. They originally had to call it the Nursing Mothers Association and they wanted to call it something with the word breastfeeding in the name, but the Yellow Pages actually wouldn't allow the word breast in the phone book. So originally it was called Nursing Mothers and that was changed in around the year 2000.

So a lot of the things that we do still go back to the roots of women supporting each other to feed their babies in each other's lounge rooms. We still focus on that mum to mum support, that's really key to everything that we do. And we just want to help people achieve their breastfeeding goals. We also do things now though, like ongoing education for health professionals, we're a registered training organisation. So all of our volunteers have a certificate for breastfeeding education. And we have a 24 hour helpline, that's supported by funding from the Australian government.

So a lot of other things that we do as well, but that's just sort of some of the basics. In terms of how I got involved, I had my first baby 14 years ago. And I had a lot of difficulty getting things started with breastfeeding.



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**Jessica:** (cont...) I was really fortunate to have a lot of support, but friends and women from my mother's group around me, they didn't necessarily reach their breastfeeding goals. For a lot of them, it was because they didn't have that support. So, that's something that I wanted to be able to provide to other people.

**Tiffany:** That's so lovely, that you've had that journey and you've seen other people going through that, and then knowing, and seeing that, and observing that. Then being able to offer the support, what an incredible journey you've come along. And being able to now offer that support must bring you so much joy and happiness and fulfilment in that role.

**Jessica:** It is really fulfilling, especially knowing how difficult it was having a first baby and having things not quite going the way that you expected and how important that support is.

**Tiffany:** Wonderful. So I guess to start off today, the big question is, what would you suggest parents to do to prepare themselves for breastfeeding, Jess? Because I think that is a really important question today. So if you could take us through that, that'd be wonderful.

**Jessica:** Yeah, it is really key. And the thing that I always tell people is that education is the most important thing that you can do before you have your baby. So learning as much as possible about breastfeeding. So we do offer breastfeeding education classes as part of the services that we offer to families around Australia. And we do those both face-to-face and as an online webinar. We have a podcast called Breastfeeding With ABA that covers a lot of basic information about breastfeeding. And there's also an app, the Mum2Mum app, which is actually really great because you can put in information about how old your baby is or how far along your pregnancy is.

And you'll receive notifications with relevant information that you need to know. And we have a website [breastfeeding.asn.au](http://breastfeeding.asn.au), there are literally hundreds of information articles on there. So, that's something we suggest that people have a look at. And if you've got any questions, it's a really good place to start. Support is another really huge and very important thing that you can organise before you have your baby.

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**Jessica:** (cont...) So speaking to the people around you about the importance of their support and practical ways that they can help you. Having someone come along to a breastfeeding education class is really helpful as well, so that they can learn about breastfeeding.

Something else that we've also got on our website is called a breastfeeding plan. A lot of people will have a birth plan before they have their baby. And that's great for a lot of people, but the birth sort of lasts for one day, whereas breastfeeding lasts for a lot longer, in most cases. So you can find that on our website. And it just gives you the information about how to prepare for things that could happen. That's something that you can fill out and take to the hospital with you, and it will help you to speak to people around you about what you want as well.

**Tiffaney:** What a great idea. I didn't even know that existed. So that's wonderful that that resource is there for the parents-to-be, to plan, like you said. There's all these other things you have to plan for, your birth, and just during pregnancy, all the things that you need to learn. And then obviously there's so many plans, I guess, to prepare for, whether it be bringing your baby home and getting set up in your home. But like you said, the breastfeeding journey is a really important one. So that's wonderful to hear that, that support is there and that, that service is there. Yeah, that's so wonderful. When is the best time for a baby to start breastfeeding, Jess?

**Jessica:** So, ideally a baby would start breastfeeding as soon as possible after birth. If the birth has gone well, often a baby is placed directly on the mother's chest and they can start breastfeeding straight away. Sometimes the baby will crawl to the breast, if everything's going well, which is really lovely to say. It's sort of this inbuilt instinct that babies have, where they make their own way to the breast. And it's something that's really quite magical to watch. If mother and baby need to be separated for medical reasons, which is something that can happen in some situations, expressed colostrum might be an option. So whether or not someone helps mum to express colostrum while she's in recovery or baby's in recovery, or some mums choose to express colostrum before their baby is born, if they have the support of their health professional. And that's one of the things that we talk about in the breastfeeding plan.



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**Tiffany:** Yeah, great. So for everyone out there listening, I know what colostrum is, but if you could take us through about the importance of colostrum and what it is, for everyone listening today.

**Jessica:** Absolutely. So colostrum is the name that we give to the first milk that your body produces when your breasts start to produce milk. It comes in very small volumes. So a couple of mls at a time. It really starts out as just being small drops of a very thick, sticky, yellow milk. It is very densely packed with immune protective factors and things that will help your baby to develop. And it's uniquely tailored to support your baby's development in the first few days. So it seems like it's such a small amount that your baby will be getting. It might only be a few mls at a time. But because it is so densely packed with everything your baby needs, that is actually enough until your milk comes in.

**Tiffany:** Yeah. It's pretty magical by the sounds of it, the colostrum. I mean, you know a lot more about it than, I'm sure, I do and that's quite incredible. So it's great to just have that explanation for everyone listening, I think. So, thanks so much for that. So, Jess, what are some of the most common breastfeeding challenges people face today? I think going through that might really highlight some of the things that, I guess, you guys can support people with.

**Jessica:** So a few of the things that people might encounter when they start breastfeeding in particular, is pain is one of them. So a little bit of pain might be normal in the early days of breastfeeding. If your nipples have never done this before, that might feel a little bit painful. Your body might be getting used to them sort of stretching and being used in a way that they've never been used. But if we're talking about really severe pain that lasts for more than the first 30 seconds or so, it might indicate an underlying issue. So that's when we'd be saying, you need to speak up and ask for support from your health professional, or a lactation consultant, or go call the breastfeeding helpline to try and figure out what's going on.

The most common cause of issues with pain is positioning and attachment. So positioning attachment is really, really important for breastfeeding to work well for a lot of different reasons. But one of them is that it can cause quite a lot of pain if it's not going well.

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**Jessica:** (cont...) There are a few things to keep in mind with positioning and attachment. There are ways to see that positioning and attachment is working well. So things like the baby's chin is sort of tucked into the breast and the nose is clear of the breast. So the baby's nose, ideally, shouldn't be smushed right up, or you shouldn't have to move your breast out of the way, so they can breathe. The lower lip is flanged out.

So if you imagine a fish, cartoon fish and it's a little fish lips, the bottom lip of your baby, while they're breastfeeding, should look like that fish lip. So it should be flanged out underneath the breast. The top lip should be neutral. And something that you probably won't see is that your baby's tongue will be over their lower gum, and that can help with breastfeeding feeling very comfortable and they should have a large mouth full of areola in their mouth while they're feeding. So you'll be able to see maybe, that they'll have more of the breast in their mouth, on the chin side than they do at the top. You might also see their jaw moving when they breastfeed, which is really cute, if you can. Sometimes you can hear them swallowing and even hear a little splash of milk going down into their belly.

But as their jaw moves while they're sort of using that to milk the breast, their ears can wiggle, which is adorable as well. Another thing that can be really helpful if there's issues with positioning and attachment, is that baby led attachment. So similar to what I was just saying about after baby's first born, they can crawl and make their own way to the breast. These are instincts that babies do actually hold onto for quite some time after they're born, it'll help them to find their own way to the breast. So just having some skin-to-skin time with your baby and letting them crawl their own way to the breast, can kick in a bunch of instincts that really help them to open their mouth nice and wide, and search for the breast, and drop their tongue down, which are all things that help with positioning and attachment.

The other thing to keep in mind is that in terms of breastfeeding positions, there's a lot of different things that you might read about there. And the thing to remember is that there's no one right answer, which is true of a lot of things with breastfeeding and parenting. If it works for you and it feels comfortable for you and your baby, and it allows for good positioning and attachment, then it's a good breastfeeding position. So whether or not that's holding your baby in a cradle hold in front of you, or having a nice lie down to breastfeed, so that you can have a bit of a rest.

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**Jessica:** (cont...) As long as it's comfortable and safe for you and your baby and allows for good positioning and attachment, it's a good breastfeeding position.

**Tiffany:** Yeah. I think that's a great tip and a great thing to really cover today with everyone. I know myself, I struggled with my first, with breastfeeding. That was like 20 years ago now, but yeah, I really did struggle and I only breastfed for a short period of time. And I really struggled with that whole letting go of thinking I couldn't do it and just knowing, okay, well, if I can't do it, that's okay too. And so I moved on and ended up bottle-feeding. But then the other two subsequent children I've had, I've breastfed beautifully and I've had an amazing experience with breastfeeding, and I absolutely loved it. And I breastfed for quite a long time.

So I think attachment initially, with me, and then not getting a lot of education the first time around, when I had my first, played a huge part in not being able to breastfeed for a long time. And then I've got some mastitis and had some issues with some blistering and things like that. And a whole lot of things sort of ended up happening because of, I think, that lack of understanding and lack of education early on. It's great to kind of go through that a bit today and give everyone a picture of those sorts of things, and the importance of the challenges you might face, and the things that you can do to potentially support yourself moving into that breastfeeding journey. So that's so wonderful. Thanks for sharing that.

**Jessica:** Yeah. I think it's such a common experience, what you said there, Tiffany, that a lot of mums do, when they have their first baby, encounter some difficulties that are really rooted in not having had enough education and support. And a lot of mums, we do find, to go on to breastfeed for longer periods of time and are more happy with their breastfeeding experience the second time around, because they have a better idea of what to expect.

**Tiffany:** Yeah and I think that was definitely what happened with me. I think after having an experience where I felt I couldn't breastfeed and felt personally that I'd failed as a mum and all those emotions that I think a lot of people might go through, but I definitely went through myself. I think then looking into it more and researching before I had my second and understanding the importance of attachment and understanding the importance of really knowing a bit more about it, gave me that confidence.

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**Tiffaney:** (cont...) And I think consonance is a massive thing as well, it was for me.

And yeah, I really enjoyed the breastfeeding journey with my son and my second daughter as well, so much more because I really felt like I was confident there. I enjoyed that time with them. It was a beautiful bonding experience. So I think yes, for me, that was my experience. I'm hoping that through any education that we provide here in this platform, that's going to give people that confidence, and also give them some tools to know, okay, well, what can I look into? What's important for me to educate myself on when it comes to this journey I'm about to embark on? So what are some ways to avoid these common challenges, Jess? Because I think that's a great thing to talk through now.

**Jessica:** Yeah, absolutely. And I think what you've said, Tiffaney, is really the key to that. Preparation and education before you have your baby is really the biggest thing that I think we, as a society, should do a better job of supporting mums with. So breastfeeding education classes is something that we offer. Often hospitals will do these as well. But a lot of times they do focus on the birth, which is totally understandable. But it does mean that breastfeeding education is sort of an afterthought or it's just a very small percentage of the education that happens in hospitals.

So that's where we try to come in and just provide a little bit of extra education and support. I think another thing is asking for help early and often. So our breastfeeding helpline is one way that you can just sort of speak to someone, who might be able to talk through what's happening with you and support you to figure out what to try. But things like before you have your baby, ask at the hospital, "What are the options? If I have difficulties with breastfeeding my baby, do I have access to a lactation consultant through the hospital?"

You can ask if there is availability for lactation consultants, sometimes through your local council, or your maternal and child health nurse might be able to help you with that as well. There's a lot of different things available in different communities. So that's something that I really encourage people to do, is find out what support is available before you have your baby. And we do also have group meetings in most local areas around Australia, where people can come along and just meet other mums who've been in there and get support that way as well.

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**Tiffany:** That's great and thanks for highlighting all that. And I'm happy that, I guess, my journey may have assisted with just putting things into a bit of perspective for people or giving them a bit of an idea about, that this is really normal, these types of things, if you don't prepare and if you don't have that education first up. And I think, like you said, asking for support. I mean, this doesn't just apply to breastfeeding.

This applies to everything as a first time parent, doesn't it? So I think having that highlighted again throughout many episodes, and in particular with this one, is great. So thanks so much for sharing that. So are there some foods that people should avoid and drinks when breastfeeding? Because I think again, there's a lot of talk around that, so it'd be great if you could just go through that a bit with us today.

**Jessica:** Yeah, absolutely. So it is something that we get asked quite a lot, especially before people have their baby. People are really concerned that they're going to not be able to eat anything. But the reality is that for most mums, who are breastfeeding, you don't need to change your diet to breastfeed successfully. So your foods that you eat, they do favour your breast milk and they actually help introduce your baby to new flavours before they even start solids, which is pretty amazing.

There are a small percentage of people who may need to eliminate certain foods from their diet, particularly if there is a strong family history of allergies and intolerances. So speaking from personal experience, I have a child who is anaphylactic to peanuts and other legumes, and I had to eliminate those while I was breastfeeding. But apart from that, I never had to eliminate anything else. So there are certainly situations where babies can react to foods through breast milk, but it's not the default option. We say, just eat and drink normal. And then if something comes up later on, then you can look at whether or not that's something that you need to do.

And so the other thing that people often ask is about caffeine while breastfeeding. So newborn babies, in particular, they can be quite sensitive to caffeine. And something that we know new parents are always wanting, is more sleep.



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**Jessica:** (cont...) So if you have a very wakeful baby and they're very sensitive to caffeine, you can see how those things might not necessarily go well together. Most mums can have a cup of coffee a day. The levels of caffeine in the coffee might vary, and the levels of sensitivity in your baby can vary. So food standards of Australia and New Zealand recommend that the daily caffeine consumption of up to 200 milligrams is safe for pregnant and breastfeeding women.

But just to give you a little bit of context for that, a cup of instant coffee might have 60 to 80 milligrams, whereas an espresso might have 145 milligrams. So there's quite a bit more caffeine in that than there is in an instant coffee. There is more information and sort of references and things like that on our website that people can look at. But generally speaking, it's a case of just, if you do want to have a cup of coffee, give it a go and see what happens. And sometimes it's just a little bit of trial and error.

**Tiffany:** Yeah. No, that's good advice too. I think it is important, like you said, if you've got any history of allergies or intolerances, to keep those things in mind. But like you said, I think you don't want to put that extra stress on yourself and think you have to cut everything out of your diet, if you don't need to. You want to be able to have the things that you enjoy, and eat healthy, and have all those things that you're going to need to support yourself, to stay strong and have the energy to do everything you need to do too.

**Jessica:** That's right. And I remember being so excited after I had my baby that I could have soft cheeses and pâtés again, that I'd completely forgotten that I could just eat whatever I wanted. I was just focused on those things that I hadn't been able to eat. So it's really great to know that most mums can just eat a varied, healthy diet as normal while breastfeeding.

**Tiffany:** Yeah, wonderful. So when do babies stop breastfeeding or lose interest in breastfeeding typically? Because I think that's, again, a question a lot of people might not necessarily know or may have questions around today, Jess.

**Jessica:** Yeah, that's right. It is something we get asked about a lot on the breastfeeding helpline, about people who are wanting to wean their baby, or maybe even people whose babies might be waning and they don't want to wean their baby because it's different for everybody.

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**Jessia:** (cont...) So the World Health Organisation and the National Health and Medical Research Council, which is Australia's peak body for health recommendations, they do have some recommendations for breastfeeding. So the World Health Organisation suggests exclusive breastfeeding for six months and then introducing solids with continued breastfeeding for up to two years and beyond, as long as mother and baby wish.

And the Australian body, the National Health and Medical Research Council suggests exclusive breastfeeding for around six months and then introduction of solids with continued breastfeeding for 12 months and beyond. So that's sort of the recommendation that comes from the health bodies, who have done research about what's ideal when it comes to health. The reality is that different families have different circumstances and we support families to wean at any stage. So sometimes if someone comes to us and asks about weaning their baby, we might say something like, "How are you feeling about weaning your baby?" And if they say, "I'm ready, it's time to wean my baby." Then that's something that we support at any age. It's really about helping families to reach their breastfeeding goals.

**Tiffany:** Yeah. Wonderful. That's great to know too, that there's that support there and there's no pressure to do it at any particular point in time. But if someone is going to wean their baby, what are the types of things that you would do to support them with that?

**Jessica:** It depends on a few different things. So the first thing that we would do is ask and say, "How are you feeling about this?" Sometimes we do have people who speak to us and say that they want to wean. And then when we ask how they're feeling about it, they say, "Well, I don't actually want to wean, but someone's told me that I have to because they think that it's time that I should." So sometimes unpacking that. "How are you feeling about it? What do you want to do?" Is the first step to that? Sometimes the solution is that mums might choose to mixed feed. So partly bottle feed and partly breastfeed. And sometimes they might choose to bottle feed completely, once they've weaned. It does depend on how old your baby is. If your baby is under 12 months, they need to be weaned onto a suitable substitute.

So the only options for the appropriate milk to feed your baby when they're under 12 months, so the breastfeeding, expressed breast milk, donor milk, or infant formula.

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**Jessica:** (cont...) So your baby under 12 months must be weaned onto a substitute that is suitable for their age. And we encourage people to speak to their health professionals about that, about what the right choice is for them. So ideally we suggest weaning slowly to avoid complications like mastitis and blocked ducts. It does help your body to adjust slowly. There are situations where mums need to wean abruptly. That's something that needs to be managed as well, because it can be quite difficult if mums start getting blocked ducts, if they're not able to then use their baby's feeding to clear the blocked ducts. So sometimes that might mean weaning your baby and then feeding them with a bottle. But also expressing to manage your supply while your body adjusts.

**Tiffany:** That's great and I think just understanding a bit more about how you can be supported through that process is great to know, because it can be a tricky thing to work out in your mind. And it can be a very uncertain time because like you said, you may also have some feelings around it. So working through that, but knowing that there's that support there around how to wean and the different processes that are available. And that it is a process and it is something you need to consider to really plan for. Again, that planning is important. So if a parent cannot breastfeed or chooses not to, what are the other options?

**Jessica:** Yeah, that's right. So the first thing that we always suggest is to get support from your health professional. And that we also then, as I said, like to speak to people about their situation and what's happening, so that we can help them to find the solution that's going to work best for them. Sometimes that is mixed feeding. So partly feeding infant formula and partly feeding breast milk. Sometimes it can mean exclusive expressing of breast milk. So there are many women out there who have not been able to get the baby to attach to the breast for many reasons and have chosen to continue to give their baby their human milk by expressing and feeding that milk in a bottle.

Some people choose to use donor human milk. So there is a network of people out there who might have excess breast milk and are happy to share that with other people for altruistic reasons. And infant formula is the other option that's available as well, for babies who are under 12 months. Another thing that I will just suggest as well, is that when breastfeeding, it gives your baby things that are not just about what's in the milk.

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**Jessia:** (cont...) So something that we suggest is if your baby is not feeding from the breast is to just do things that simulate the experience of breastfeeding, have some skin to skin contact with your baby, make eye contact with your baby. Paced bottle feeding is another really interesting thing that a lot of people haven't heard of, where you are bottle feeding, but you allow your baby to choose the amount of milk that they're taking from the bottle. So there's information about that on our website. It's important to know that it is possible to use feeding your baby as a bonding experience, even if you're not breastfeeding.

**Tiffaney:** Yeah. That's great. Good to know that there's those support systems again there and know what your options are if you can't, or you choose not to, or something goes on there. I mean there can be many reasons why people, I guess, choose not to, or can't breastfeed. So it's great that there's that support there too. So what are your top tips and tricks, things that you would recommend for people?

**Jessica:** Well, one of the big questions that I get asked a lot is how do I know if my baby is getting enough milk? So the really important thing that I think people need to know about this is that what goes in must come out. And with breastfed babies, it's something that I think all new parents very quickly get to learn, is that nobody talks about pooh as much as a new parent does. We just really do. It's a way of seeing what's going on with your baby and it does give you a really good idea of how much milk your baby's getting. So if you're using disposable nappies and your baby's getting six to eight very wet disposable nappies over a 24 hour period and lots of mushy poos, then you have a pretty good idea that your baby is getting enough milk.

That does change a little bit as they get older as well, after that sort of six to eight week period where everything's sort of getting established. It's quite common for breastfed babies to still have lots of wet nappies and not poo very often. So even up to 10 days without pooing, as long as your baby makes up for it when they go, that's totally normal. And we often call this a poonami because when the baby makes up for it, they really make up for it. You're talking mushy poo all the way up the back of their jumpsuit, in their hair, up the neck, down, it's in their feet, it's all over the bed.

And they'll always wait until they're in a white outfit, out and about in public, and you don't have enough baby wipes. So if that's happening, even if your baby hasn't poo'd in 10 days, then you can have a pretty good idea that they're getting enough milk.

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**Jessica:** (cont...) Another thing that I think is really great for people to know about, is something called the let down reflex. So this is the reflex in your body that makes your milk available to your baby. It's something that is triggered psychologically, as well as physically. So it's partly triggered by your baby sucking at the breast, but it can be triggered by things like hearing and your baby cry or smelling that really lovely baby smell.

You can see that happening when your baby is feeding at the breast, that they'll go onto the breast and they'll suck very quickly to begin with. They'll go, suck, suck, suck, suck, suck, suck, suck and then after a few moments, you might feel the let down reflex. For some people it feels like pins and needles in their breast and thirst, just an unquenchable thirst. Some people don't notice it at all, but you will then see that your baby's sucking pattern starts to change. So your baby will start off going suck, suck, suck, suck, suck. The letdown reflex will happen. And then the suck will happen very slowly. So it will be suck, swallow, breathe, suck, swallow, breathe. And that's when you might start to hear the swallowing and hear the gulping as your baby's feeding.

**Tiffany:** Yeah. There's some great tips there and when you mentioned sort of the poo tsunami, I have some real memories of that, particularly with my son. I just remember, so many times, yeah, he'd have these poo explosions. And it was just like yellow poo everywhere, all up his back, all down his pants. And yeah, it did happen a few times when I was out and about, it is tricky to deal with. So you've got to make sure you got lots of changes of clothes and lots of baby wipes. But yeah, just it brings back lots of memories. I can look back and laugh now, when you're dealing with it, it's not that much fun.

**Jessica:** It's not funny when it's happening, yeah.

**Tiffany:** Exactly, exactly. But yeah, no and I think that's great around the let down. I remember specifically, yeah. I actually had quite a strong feeling of the letdown when it would happen. I remember it being actually a lovely feeling. I think initially it did feel a bit strange, but then once you know that, that's the feeling, it's almost like, oh yeah, we're doing the right thing. Our bodies are working. It's doing what it should be doing. And yeah, you just get used to it, I guess.



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**Tiffany:** (cont...) But I do remember that feeling, even sometimes in the shower, when I'd be in there and due for a feed soon, then the warm water, it would just create that let down and yeah, spraying everywhere in the shower.

**Jessica:** It does also trigger a hormone release in your brain. So oxytocin, which is the cuddle hormone. It makes you feel lovely and it helps you fall in love with your baby. And it's the sort of thing that when you cuddle someone and have skin-to-skin with your baby, your brain releases this as well, but there's a huge release of oxytocin just after you have your baby. And when you have the let down reflex. So it can make you feel all warm, and fuzzy, and lovely, which is really nice.

**Tiffany:** Yeah. That's beautiful. So what resources are out there to support women and families who are struggling with breastfeeding related issues, Jess?

**Jessica:** So we've got a lot of resources available that we provide to support families and women to breastfeed their babies. We do have a national breastfeeding helpline that's funded by the Australian government. So you can call that helpline 24 hours a day, every day of the year. And that's 1800686268, or 1800 mum 2 mum. We have a live chat service on our website, [breastfeeding.asn.au](http://breastfeeding.asn.au). So the operating times for that can vary, but you can find all the information for that on our website. Around Australia, we have local groups where our volunteers from puppy mornings, and playgroups, and just sort of discussions, and chats where you can meet other families and other mums who have breastfed.

And those are really helpful because you can often meet someone who's already gone through the difficulties that you're going through now, or that you're about to go through at a stage and age of your baby's life. And maybe they can tell you that it's normal, that it will pass. They can give you tips and tricks for what will help. We do have a podcast called Breastfeeding With ABA that you can listen to. So the episodes for those go for about 20 minutes. So a lot of people like to listen to those while they're breastfeeding. And we have a companion Facebook group with that as well. So you can go onto Facebook and search for Breastfeeding With ABA and meet other women who are breastfeeding online as well. Health professionals are a really important part of the support network for a new mum and that can include lactation consultants.



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**Jessica:** (cont...) So I think that's really important that people find out how and where to access the support. If you're able to find that information out before you have your baby, that will really help you along the way, that you feel more comfortable and know what to do, if you do encounter any issues. The other thing is, the partner and the family around you are a really big support network, and it's not just about support for breastfeeding, but it's about that really practical support, which then goes on to support breastfeeding as well. If someone comes to visit the baby, get them to wash a sink full of dishes for you, get them to bring you a meal, so that you can spend the time feeding your baby and getting things right. And you're not having to do those other things. So that's a really important support for new mums, however they're feeding their baby.

**Tiffany:** Yeah. Now that's great advice. And I think knowing that just to ask for that support, and reach out, and know that there's all that online support. But obviously just your network around you, your little tribe around you, is what's really important. And making sure that you ask for what you want is great advice. So thank you so much. It's just been so great to get this wealth of knowledge from you today, Jess. It's been so interesting as well. I've learned things that I didn't know, and I've had three babies and breastfed. So it's been really lovely to learn all that today. I'm sure the listeners have picked up some great tips and tricks on breastfeeding and how to seek help when you're overwhelmed and overcome some of those common challenges that new parents are faced with today.

**Jessica:** Such a pleasure. Thanks so much for speaking with me.

**Tiffany:** It's been great. So if you need more support or information about breastfeeding, you can head to [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au). Follow them on their socials or call the Breastfeeding Helpline on 1800 mum 2 mum or 1800 686 268. And remember, you can find the blog for this episode in our episode description.