

# Breastfeeding is important to us

We are planning to breastfeed our baby and you are an important part of our team!



## FAMILY DETAILS

Baby's name \_\_\_\_\_ DOB \_\_\_\_\_

Parent/s name \_\_\_\_\_ DOB \_\_\_\_\_

\_\_\_\_\_ DOB \_\_\_\_\_

Contact number \_\_\_\_\_

## OUR BREASTFEEDING GOALS

In line with WHO and NHMRC guidelines we:

- Aim to exclusively breastfeed our baby for 6 months
- Introduce family foods at around 6 months, when our baby is developmentally ready
- Continue to breastfeed for:
  - At least 12 months
  - Up to 2 years, or as long as it works for our family.



## MEDICATIONS

We realise that almost all medications are compatible with breastfeeding, but please keep our breastfeeding goals in mind when prescribing medications and help us with the most suitable choice if medications are necessary.



## BREASTFEEDING CHALLENGES

- Please help us overcome any breastfeeding problems we may face.
- Help us to put in place an effective management plan without suggesting we give our baby formula in the first instance or suggesting we wean.
- Refer us to an IBCLC (Lactation Consultant)



## LACTATION SUPPORT

My Lactation Consultant is (Name) \_\_\_\_\_

Contact number \_\_\_\_\_

Or: Please recommend a Lactation Consultant

ABA member Yes/No – Local group \_\_\_\_\_

Other breastfeeding supporters \_\_\_\_\_



## USEFUL RESOURCES

Infant feeding Guidelines: information for health workers (2012)

<https://www.nhmrc.gov.au/guidelines-publications/n56>

The Royal Australian College of General Practitioners' (RACGP) position statement on breastfeeding [http://www.racgp.org.au/download/documents/Policies/Clinical/breastfeeding\\_position\\_statement.pdf](http://www.racgp.org.au/download/documents/Policies/Clinical/breastfeeding_position_statement.pdf)

Academy of Breastfeeding Medicine Clinical Protocols <http://www.bfmed.org/Resources/Protocols.aspx>

[www.lcanz.org/find-a-lactation-consultant/](http://www.lcanz.org/find-a-lactation-consultant/)

<https://www.thewomens.org.au/health-professionals/clinical-resources/clinical-guidelines-gps/>

