

We're on your team

Helping you develop breastfeeding confidence.

Here to provide the support you need and deserve.

Our free services are available for mums needing help, and expecting parents wanting to know more.



WHEREVER, WHENEVER

A mother's right to breastfeed her child is protected by law across Australia.

FOR MORE INFORMATION CONTACT:

Community Health Department

Swan Hill District Health

Address: 125 Campbell St., Swan Hill

Phone: (03) 5033 9337

Fax: (03) 5036 4561

Email: chreception@shdh.org.au

Web: www.shdh.org.au

To self refer go to www.shdh.org.au/referrals

<http://eatmovesmile.shdh.org.au>



Experienced midwives available for help and support with breastfeeding



Breastfeeding Support Service

8:30am—5.00pm
Monday to Friday
125 Campbell Street, Swan Hill, 3585



Breastfeeding Support

- Assisting breastfeeding
- Sore and cracked nipples
- Nipple pain and trauma
- Engorgement
- Mastitis
- Blocked ducts
- Expressing help and advice
- Attachment technique help
- Assistance to teach baby to feed without the nipple shield
- Improving baby's weight gain
- Weighing of baby and checking wellness
- Emotional support
- Work and continuing breastfeeding
- Weaning
- Referral to other services



Breastfeeding

Our team

Breastfeeding is the recommended method of infant feeding, as it is beneficial to mother, baby and family. It provides important nutrients, supports the development of infants' immune systems and assists mum with recovering from childbirth.

However, there are many reasons why breastfeeding can be difficult. It's common to need extra help once you go home. We want to see you through the tough times so you can be comfortable and enjoy early motherhood.



Our experienced midwives, including IBCLC certification, Sonya and Sheree are available to provide you with extra support.

We can visit you at home or you can come and see us at Community Health.

Local Services

Breastfeeding Support Service

Community Health, phone: 5033 9337

Australian Breastfeeding Association

24 hour, free helpline: 1800 686 268

web: www.breastfeeding.asn.au

Midwifery Unit-Swan Hill District Health

(advice and support up to 6 weeks of age)

phone: 5033 9269

Maternal & Child Health

Swan Hill, 5032 0300

24 hour telephone service: 13 22 29

Mallee District Aboriginal Service

Swan Hill, phone: 5032 8600

Visitor and Community Comfort Centre

Public breastfeeding & infant feeding facility

10am-4pm weekdays

CNR Beveridge & McCallum Street Swan Hill

Early Years Online Hub

Online resource and service information

web: www.earlyyearsonlinehub.org.au

SMS4dads

Free tips, info and support for Dads

Web: SMS4dads.com