Breastfeeding is awesome, but sometimes it can be hard when mum is learning for the first time. Mum can talk to her midwife or lactation consultant if she has any questions or would like help to breastfeed baby.

If you are finding it hard to breastfeed:

» Talk with your midwife or lactation consultant for support
» Go to breastfeeding classes at the hospital
» If you have swollen or sore breasts or if the milk isn’t coming through, see your doctor or midwife as soon as possible
» It does take time for your breastmilk to develop. Be patient and keep trying.

If you are going back to work:

» You can express breastmilk using your hand or a pump. Express your breastmilk into a sterilised bottle and store in the fridge
» Be careful not to use a pump too often. Over pumping sometimes hurts your breast
» Make sure the bottle is labelled with a date and time. Breastmilk stored in the fridge is safe for baby to drink in the first 3-5 days.
Tips for mum:
» Check and talk with your workplace about returning to work and breastfeeding your baby
» If you are breastfeeding more than one child, it is important to feed the youngest baby first.

Tips for dad:
» Look after your baby while mum expresses breastmilk
» Support and encourage mum to keep going
» Get mum food and water
» Make sure mum is comfortable, give her extra pillows or blankets.

For more information contact: CALL 13 HEALTH (13 43 25 84)
These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.
All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.
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