When baby is born, breastmilk is the only food that baby will need in the first 6 months of life.

**Steps for breastfeeding:**

1. Mum needs to be comfortable and relaxed.
2. Hold your baby close to your chest and bring them towards your breast.
3. Tease your baby’s mouth with your nipple.
4. Place your nipple and areola inside your baby’s mouth. Make sure their mouth has latched on correctly. If their mouth hasn’t latched on properly, take them off straight away and try again.
5. You should hear bursts of sucking and to know your baby is feeding.
Tips for mum:
» Your baby often can feed around 12 times a day. This can change depending on your baby’s appetite
» Be in a comfortable position before breastfeeding your baby – try propping a pillow behind your back
» The more you breastfeed, the more milk you will produce
» Pull your baby closer to your breast to close gap between you and your baby
» You should only hear your baby making swallowing or breathing noises. If you hear your baby making clicking noises, your baby’s mouth is not latched on properly
» Make sure you have plenty of rest and water to keep your milk supply going.

Tips for dad:
» Give mum a pillow or blanket to make her comfortable
» Support and encourage mum when she is breastfeeding baby as it can be very tiring
» Talk to mum about what she would like you to do for her
» Get mum a drink of water
» Keep an eye on the other children.

Space for your notes

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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