FEEDING YOUR BABY

By this stage you may be feeling more comfortable with breastfeeding. If you are experiencing any breast or nipple pain or you are concerned about your milk supply, talk to your Child and Family Health Nurse, Lactation Consultant/breastfeeding support clinic, GP or other services that are available.

Breastfeeding guidelines

Exclusive breastfeeding or formula feeding is recommended until your baby is 6 months old. Food other than breastmilk is not necessary until 6 months of age. Breastmilk contains all the protective nutrients your baby needs including prebiotics, probiotics and antibodies. Although you may notice food products advertised for babies from 4 months, food other than breastmilk is not necessary unless you have been advised by a health practitioner.

Benefits of breastmilk

Improve your baby's immunity

Reduces the likelihood of your baby developing:
- Respiratory illness
- Middle ear infections
- Diabetes
- Allergies

They will have learnt to listen to their appetite including hunger and fullness cues

Improve your baby's brain development

For mums: can promote a faster recovery from birth and reduce your risk of chronic disease

Breastfeeding in public

Now that you and your baby have the skills and confidence in breastfeeding, there will be times when you are out of your home and need to feed your baby in public.

Tips to help you with breastfeeding in public include:

- Remember that it is your legal right to breastfeed in public anywhere in Australia

- Wearing buttoned down tops or dresses that are easily lifted

- Using a wrap or scarf across your shoulders for your own comfort

- Feeding your baby before they get too hungry and upset

- Finding out if there is a babycare room available near where you are visiting

- Choosing a quiet spot in a public space

To find a babycare room, Australian Breastfeeding Association has a list of breastfeeding friendly locations. Check their website: **www.breastfeeding.asn.au/babycarerooms/list** *for more info.*