Community Resources

- **Australian Breastfeeding Association (ABA)**
  National Breastfeeding Helpline: 1800mum2mum or 1800 686 2686

- **Maternal & Child Health Line**
  24 hour telephone service: 13 2229

- **Mornington Peninsula Shire**
  Breastfeeding Drop in Cafe
  Wednesday 2 - 4pm, Waterfall Gully
  Maternal & Child Health Centre,
  Cnr Bayview Rd & Nixon St, Rosebud

- **Frankston Breastfeeding**
  Drop in Wed. 10 - 2pm Karingal Place,
  Ashleigh Ave, Karingal

- **City of Kingston**
  Breastfeeding Support Services
  Drop in (no appointment necessary)
  Tuesday and Thursday 1.30-3pm
  Cnr Como Pde West & Herbert St, Parkdale. For other breastfeeding enquiries: 0438 597 560

- **City of Casey**
  Lactation Clinic
  Wednesday
  Little Croft Family Resource Centre
  51 The Strand, Narre Warren South.
  Phone: 9705 5590

- **Sandringham Hospital**
  Breastfeeding Service
  Phone: 9076 1570

- **Drug Information**
  Royal Womens Hospital: 8345 3190
  Monash Medical Centre: 9594 2361

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**Appointments:**

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**Disclaimer:** The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

Authorising Department: Women’s Services
Exclusive breastfeeding for at least 6 months has numerous health benefits to both the mother and baby and is recommended by the World Health Organization (WHO).

Peninsula Health’s Breastfeeding Support Service offers outpatient appointments and a drop in service at 2 locations for:

1. Pregnant women who have concerns regarding breastfeeding e.g. history of breastfeeding difficulties, breast implants, breast reductions.
2. Mothers and their babies experiencing breastfeeding difficulties.

Our team of Lactation Consultants are all accredited by the International Board of Lactation Consultants.

Breastfeeding Support Service Locations

Frankston Hospital - Women’s Services,
13 Hastings Road Frankston
Appointment Bookings phone - 9745 745

Peninsula Health Community Health Hastings
185 High Street, Hastings (next to Westernport Secondary College)
Appointment Bookings phone - 9745 745

Breastfeeding Drop In
Hastings Community Health
Thursdays 1 - 4pm
No appointment needed

Referrals

Women may book themselves or be referred by:
- Midwifery Home Care
- Maternal & Child Health Nurse
- General Practitioner/ Paediatrician

What to bring
- Child health record
- Pram for baby to sleep in
- Nappy changing needs/spare baby clothing

Partner or a support person is welcome

Note: if you need to bring young children to the appointment please arrange for a helper to be with them or talk to the Lactation Consultant when booking the appointment.