

## Community Resources

### Australian Breastfeeding Association

National Breastfeeding Helpline  
1800mum2mum or 18006862686  
24 hour breastfeeding advice.  
<https://www.breastfeeding.asn.au/>

### Maternal & Child Health Line

24 hour telephone service : 132229.

### Mornington Peninsula Shire

Breastfeeding Support  
Phone : 5950 1099  
[www.mornpen.vic.gov.au/communityservices](http://www.mornpen.vic.gov.au/communityservices)  
\_for location and date and times

### City of Kingston

Lactation Consultant 0438 597 560  
Feed and chat drop in sessions  
Times and locations  
[kingston.vic.gov.au/breastfeeding](http://kingston.vic.gov.au/breastfeeding)

### City of Casey

Lactation Clinic  
For all enquiries : 9705 5590

### Drug Information

Royal Women's Hospital: 8345 3190  
Monash Medical Centre: 9594 2361

### Private Lactation Consultants

[www.lcanz.org/find-a-lactation-consultant](http://www.lcanz.org/find-a-lactation-consultant)

## Appointments:

Date:	-----
Time:	-----
Clinic:	-----

Date:	.....
Time:	-----
Clinic:	-----

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

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Reviewed by  
Consumers



Interpreter



# Breastfeeding Support Service



**Exclusive breastfeeding for at least 6 months has numerous health benefits to both mother and baby and is recommended by the World Health Organisation .**

## How we can help you?

Peninsula Health's Breastfeeding Support Service offers outpatient appointments and drop in services at Frankston Hospital and Hastings Community Health.

The service supports:

- Pregnant women who have concerns regarding breastfeeding . For example a history of breastfeeding difficulties, breast surgery.
- Mother's and babies experiencing breastfeeding difficulties from 1 week to 6 months of age.

## Appointments and Referrals

You may book an appointment yourself or you may be referred by:

- Midwifery Home Care
- Maternal & Child Health Nurse
- G.P/Paediatrician

Appointments at Frankston or Hastings can be made by calling 9784 2600

## What will you need to bring?

- Child Health Record
- Pram for baby to sleep in
- Nappy changing needs

Partners and support people are welcome.

## Where can you find us?

### Frankston Hospital

Outpatient Area 1 Building D  
(Near main entrance to hospital)

Drop in Breastfeeding Clinics are held on  
Tuesdays - 9.00am to 12.00noon  
(no appointment is needed)

### Hastings Community Health

185 High Street, Hastings  
(next to Westernport Secondary College)

Drop in Breastfeeding Clinics are held on  
Fridays – 10.30am to 12.30pm  
(no appointment is needed)