



Free Online Breastfeeding Information Session

The Lactation Consultant will discuss a range of topics to help you establish and maintain your milk supply—whether you plan to breastfeed or offer expressed breast milk to your baby.

Topics include:

- Responsive breastfeeding
- Positioning and attachment - comfortable, effective latch
- Milk production and supply
- Babies daily milk requirements
- Breast storage capacity and breastfeeding patterns
- Letdown, milk flow and baby's sucking patterns
- Effective milk transfer
- Signs of adequate intake
- Bottle feeding



For further information and support:

- Scan the QR code
- Phone 8571 1880
- Email Feeding@cgd.vic.gov.au
- Speak with your MCHN