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# Program of Resources, Information and Support for Mothers



# Infant Feeding

## Supporting Mothers on the Peninsula

Mothers ask lots of questions about how to care for their baby.

In contrast, women are likely to put their own health and recovery on hold.

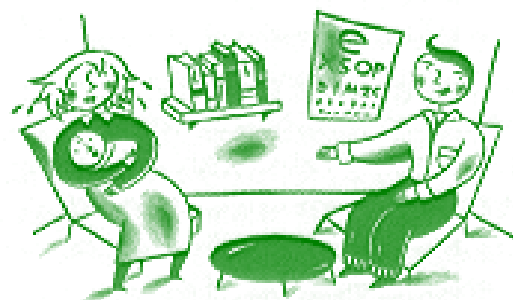
Mothers often accept and put up with physical health problems as part of the experience of being a mother.

So, when you are talking about infant feeding, ask about emotional, social and physical issues as well.

Following World Health Organisation guidelines, the organisations listed below offer support, advice and practical help with infant feeding.

*“I thought feeding would come naturally. Talking about it made me realise some people do need support.”*

*“We talked about my options and I tried a couple of different things before I found something that worked for me and my baby.”*



### *General Services*

#### **Maternal and Child Health Service**

Maternal and child health nurses provide support, practical help, information and referral on a range of topics.

#### **Nursing Mothers' Association of Australia (NMAA)**

Local NMAA groups provide opportunities for mothers to meet. Trained breastfeeding counsellors are available 24 hours.

#### **Rosebud Hospital : Infant Feeding Support Service**

Day Stay or 'drop in' appointments available for women and their babies experiencing breast or bottle feeding difficulties.

#### **The Bays Hospital : Mornington**

Lactation Clinic to discuss feeding issues and problems. Free service to clients of The Bays; small fee for others.

#### **Frankston Hospital : Infant Feeding Support Service**

Home visits or hospital 'drop in' appointments for women and their babies experiencing breastfeeding difficulties.

#### **Private Lactation Consultants**

Listings available for hospital midwifery units, maternal and child health nurses or in the telephone book.

### *Support Services for Young Mothers*

#### **Peninsula Young Women's Group : Rosebud**

Young women (under 24) meet during pregnancy or early parenting for support from each other. Midwife in attendance.

#### **Young Mum's Group : Frankston**

#### **Ante-natal Clinic & Early Parenting Program : Hastings**

☎ **5986 0271** Mornington Peninsula  
☎ **1800 134 883** After Hours

☎ **9886 0653** 24 Hours  
☎ **5974 3758** Mornington area  
☎ **5981 0241** Southern Peninsula

☎ **5986 0666**

☎ **5975 2009**

☎ **9784 7476**

☎ **5986 0666**

☎ **9783 6077**

☎ **5979 2894**