



breastfeeding good for baby, good for mum



Information for Mums-to-be and new Mums

Good for Baby

Breastmilk:

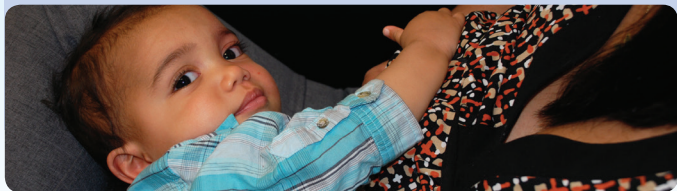
- provides all your baby's nutrition needs for the early months of life;
- is ready at any time, requires no preparation and is free;
- is easily digested so stools (poo) are soft, pass easily and tend to be less smelly;
- can help protect your baby from illness; and
- gives your baby a better chance at maintaining a healthy body weight and preventing diabetes later in life.

Good for Mum

Breastfeeding:

- can reduce the risk of some cancers including breast cancer;
- can help the body return to pre-pregnant state and shape;
- usually delays the return of menstruation (periods) and can delay the return of fertility*;
- leads to stronger bones and reduces the risk of thinning of the bones (osteoporosis).

**Breastfeeding can help to delay the return of fertility, however should not be used as a contraceptive. Speak with your GP or family planning clinic for further advice on this.*



To access other fact sheets in this series, please visit:

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The longer you breastfeed the greater the long term benefits for you and your baby



The National Health and Medical Research Council recommends “exclusive breastfeeding (no other liquids or solids given to the baby except breastmilk) until 6 months with continued breastfeeding with solids until at least 12 months of age”. Breastfeeding can continue to provide health benefits in your baby’s second year of life and beyond.

Support for Mum

You may need support while you and your baby are learning to breastfeed. Your Maternal and Child Health (MACH) Nurse, GP, midwife, local Australian Breastfeeding Association breastfeeding counsellor or lactation consultant can help you.

For more information on breastfeeding you can contact:

ACT Community Health Intake

(to make an appointment or locate your nearest MACH clinic)

Ph: **6207 9977**

Tresillian Parents Helpline

(24hr free call)

Ph: **1800 637 357**

Karitane Careline

Ph: **1300 CARING**

Ph: **1300 227 464**

Australian Breastfeeding Association

National Breastfeeding Helpline

(24hr free call)

Ph: **1800 mum2mum**

Ph: **1800 686 2686**

Your GP

Acknowledgments:

Information in this brochure is drawn from World Health Organisation publications on breastfeeding. The Kids at Play website was funded by the Australian Government Department of Health and Ageing.

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Produced for **Kids at Play - Active Play and Eating Well Project**

by ACT Government in partnership with Heart Foundation ACT

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