

# FEEDING YOUR BABY



By this stage you may be feeling more comfortable with breastfeeding. If you are experiencing any breast or nipple pain or you are concerned about your milk supply, talk to your Child and Family Health Nurse, Lactation Consultant/breastfeeding support clinic, GP or other services that are available.



## Breastfeeding guidelines

Exclusive breastfeeding or formula feeding is recommended until your baby is 6 months old. Food other than breastmilk is not necessary until 6 months of age. Breastmilk contains all the protective nutrients your baby needs including prebiotics, probiotics and antibodies. Although you may notice food products advertised for babies from 4 months, food other than breastmilk is not necessary unless you have been advised by a health practitioner.

## Benefits of breastmilk



Improve your baby's immunity



Reduces the likelihood of your baby developing:

- Respiratory illness
- Middle ear infections
- Diabetes
- Allergies



They will have learnt to listen to their appetite including hunger and fullness cues



Improve your baby's brain development



For mums: can promote a faster recovery from birth and reduce your risk of chronic disease



# Breastfeeding in public



Now that you and your baby have the skills and confidence in breastfeeding, there will be times when you are out of your home and need to feed your baby in public.

Tips to help you with breastfeeding in public include:



Remember that it is your legal right to breastfeed in public anywhere in Australia



Wearing buttoned down tops or dresses that are easily lifted



Using a wrap or scarf across your shoulders for your own comfort



Feeding your baby before they get too hungry and upset



Finding out if there is a baby care room available near where you are visiting



Choosing a quiet spot in a public space

*To find a baby care room, Australian Breastfeeding Association has a list of breastfeeding friendly locations. [Check their website for more info.](#)*

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



*Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.*

*We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.*