

South Australian Breastfeeding Support Services

Australian Breastfeeding Association (ABA)

<https://www.breastfeeding.asn.au/>

Breastfeeding Helpline: 1800 Mum to Mum - 1800 686 268

Breastfeeding antenatal education classes

Local Breastfeeding Support Groups

Online Support:

- Email Counselling
- Livechat
- Mum2mum App
- Blog
- Podcasts

Breast pump hire

ABA products

Breastfeeding Friendly Environments

Parent Helpline: 1300 364 100

Local call cost within South Australia

7 days a week

CaFHS website

<http://www.cyh.com/SubContent.aspx?p=507>

Raising Children website

<https://raisingchildren.net.au/>



For more information

Child and Family Health Service (CaFHS)

Telephone 1300 733 606



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South Australian Breastfeeding Support Services

Other Breastfeeding Support

| Organisation | When | Professional support | Eligibility criteria | Contact/bookings |
|---|--|---|---|--|
| Child and Family Health Service (CaFHS) Venues throughout South Australia | Monday –Friday Statewide Home Visiting or Clinic service: <u>Torrens House</u> Parents of babies 0-12 months old | CaFHS nurses | Home visiting or clinic services Breast-feeding support - any age baby. No referral required but essential to book <u>Torrens House</u> Residential placement for intensive breastfeeding support. Referral from CaFHS staff member required | Appointment bookings: 1300 733 606 |
| Women's & Children's Hospital 1 st Floor, Parent Education Room Queen Victoria Building | Antenatal education Face to face classes on hold Online Breastfeeding Sessions available | Midwife / Lactation consultant | Only breastfeeding mothers who have given birth at WCH | No booking required (08) 8161 7571 |
| Lyell McEwin Hospital | Tuesday and Thursday 8.30am-5pm | Midwife Phone Counselling anytime 8182 9380 | All breastfeeding families with babies up to 8 weeks | Bookings essential (08) 8182 9380 |
| Flinders Medical Centre Post-natal Ward 4C | Tuesday, Thursday Friday and alternate Mondays. | Midwife / Lactation consultant. | Only breastfeeding families who have birthed at FMC Babies up to 6 weeks | (08) 8204 4216 |

Country areas and Private Hospitals:

Rural and Regional birthing Hospital and Domiciliary Services will provide Breastfeeding support please contact your local area Health Service or Community Health Service.

Private birthing hospitals will also provide Breastfeeding Support please contact your private birthing hospital.

Private Lactation Consultant Services:

Please refer to LCA NZ website: <https://www.lcanz.org/find-a-lactation-consultant/>

