## BREASTFEEDING JOURNEY MAP

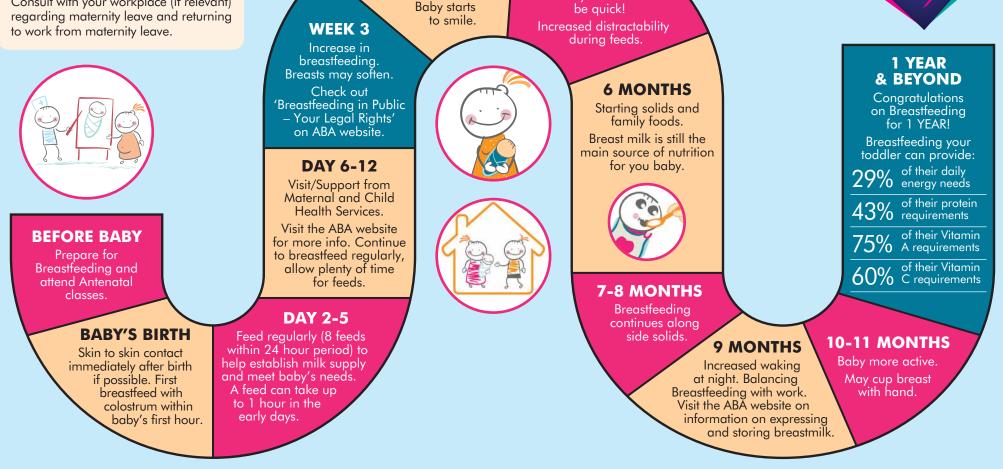
gatewayhealth



## **BEFORE BABY'S ARRIVAL**

Attend the Australian Breastfeeding Association (ABA) Breastfeeding Education Class (cost involved). You can also contact the Lactation Clinic for a free consult on 03 5722 5487.

Consult with your workplace (if relevant)



**3-4 MONTHS** 

Baby feeding more

efficiently so feeds can

WEEK 6

more often to comfort.

Some increase in crying

is normal. Breastfeed

For further information visit www.breastfeeding.asn.au