

# BREASTFEEDING JOURNEY MAP

## 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) regarding maternity leave and returning to work from maternity leave.



## BEFORE BABY

Prepare for Breastfeeding and attend Antenatal classes.

## BABY'S BIRTH

Skin to skin contact immediately after birth if possible. First breastfeed with colostrum within baby's first hour.

## DAY 2-5

Feed regularly (8 feeds within 24 hour period) to help establish milk supply and meet baby's needs. A feed can take up to 1 hour in the early days.

## DAY 6-12

Visit/Support from Maternal and Child Health Services.  
Visit the ABA website for more info. Continue to breastfeed regularly, allow plenty of time for feeds.

## WEEK 3

Increase in breastfeeding. Breasts may soften.  
Check out 'Breastfeeding in Public – Your Legal Rights' on ABA website.

## WEEK 6

Some increase in crying is normal. Breastfeed more often to comfort.  
Baby starts to smile.

## 3-4 MONTHS

Baby feeding more efficiently so feeds can be quick!  
Increased distractibility during feeds.

## 6 MONTHS

Starting solids and family foods.  
Breast milk is still the main source of nutrition for you baby.

## 7-8 MONTHS

Breastfeeding continues along side solids.

## 9 MONTHS

Increased waking at night. Balancing Breastfeeding with work. Visit the ABA website on information on expressing and storing breastmilk.

## 10-11 MONTHS

Baby more active. May cup breast with hand.

## 1 YEAR & BEYOND

Congratulations on Breastfeeding for 1 YEAR!

Breastfeeding your toddler can provide:

29%	of their daily energy needs
43%	of their protein requirements
75%	of their Vitamin A requirements
60%	of their Vitamin C requirements

