



# Signs that your baby is well fed

- Your baby is reasonably happy and satisfied after breastfeeding
- A young baby will usually have 3 or more soft or runny bowel movements each day for several weeks
- You can hear or see your baby swallow when breastfeeding
- Your baby has 6 or more wet nappies in a 24 hour period
- Some weight gain and growth in length and head circumference over time
- Your baby is alert and reasonably content

## Breastfeeding Help

### Goulburn Valley Health Breastfeeding Support Service

**Phone:** (03) 5832 3451

**Location:** Graham St, Shepparton (Main hospital entrance)

### Australian Breastfeeding Association

**Phone:** 1800 686 268 (24hr service for parents and professionals)

**Website:** [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### Maternal and Child Health

**Phone:** (03) 5832 9312 (M&CH Greater Shepparton City Council)

**After Hours Phone:** 132 229 (24hr advice and support line)

### FamilyCare Parent Child Program

**Phone:** 1300 854 944 or (03) 5823 7000 (Shepparton)

**Location:** 19 Weisford St, Shepparton

### Goulburn Valley Health Maternity Unit

**Phone:** (03) 5832 2580

**Location:** Graham St, Shepparton

## Breastfeeding & Medication Advice

### Monash Medical Centre

**Mr Rodney Whyte**

**Phone:** (03) 9594 2361

**Email:** [rwhyte@southernhealth.org.au](mailto:rwhyte@southernhealth.org.au)

### Royal Women's Hospital

**Phone:** (03) 8345 3190

**Email:** [druginformation@thewomens.org.au](mailto:druginformation@thewomens.org.au)