



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 5 or more heavily 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: 4804 4940 or 0437 788 595

Location: 20 Monash Street, Shepparton.

Australian Breastfeeding Association

Phone: 1800 686 268

(24 hour service for parents and professionals)

Website: www.breastfeeding.asn.au

Maternal and Child Health

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

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

FamilyCare Parent Child Program

Phone: 1800 161 306 or (03) 5823 7000 (Shepparton)

Location: 19 Welsford Street, Shepparton

Goulburn Valley Health Maternity Unit

Phone: 4804 4910

Location: Graham Street, Shepparton

Breastfeeding & Medication Advice

Monash Medical Centre

Mr Rodney Whyte

Phone: (03) 9594 2361

Email: r.whyte@southernhealth.org.au

Royal Women's Hospital

Phone: (03) 8345 3190

Email: druginformation@thewomens.org.au