

Community Resources

Australian Breastfeeding Association

National Breastfeeding Helpline
1800mum2mum or 18006862686
24 hour breastfeeding advice.
<https://www.breastfeeding.asn.au/>

Maternal & Child Health Line

24 hour telephone service : 132229.

Mornington Peninsula Shire

Breastfeeding Support
Phone : 5950 1099
www.mornpen.vic.gov.au/communityservices
_for location and date and times

City of Kingston

Lactation Consultant 0438 597 560
Feed and chat drop in sessions
Times and locations
kingston.vic.gov.au/breastfeeding

City of Casey

Lactation Clinic
For all enquiries : 9705 5590

Drug Information

Royal Women's Hospital: 8345 3190
Monash Medical Centre: 9594 2361

Private Lactation Consultants

www.lcanz.org/find-a-lactation-consultant

Appointments:

Date: _____
Time: _____
Clinic: _____

Date: _____
Time: _____
Clinic: _____

Disclaimer: The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

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Peninsula Health
PO Box 52
Frankston Victoria 3199
Telephone (03) 9784 7777
www.peninsulahealth.org.au



Breastfeeding Support Service



Exclusive breastfeeding for at least 6 months has numerous health benefits to both mother and baby and is recommended by the World Health Organisation .

How we can help you?

Peninsula Health's Breastfeeding Support Service offers outpatient appointments and drop in services at Frankston Hospital and Hastings Community Health.

The service supports:

- Pregnant women who have concerns regarding breastfeeding . For example a history of breastfeeding difficulties, breast surgery.
- Mother's and babies experiencing breastfeeding difficulties from 1 week to 6 months of age.

Appointments and Referrals

You may book an appointment yourself or you may be referred by:

- Midwifery Home Care
- Maternal & Child Health Nurse
- G.P/Paediatrician

Appointments at Frankston or Hastings can be made by calling 9784 2600

What will you need to bring?

- Child Health Record
- Pram for baby to sleep in
- Nappy changing needs

Partners and support people are welcome.

Where can you find us?

Frankston Hospital

Outpatient Area 1 Building D

(Near main entrance to hospital)

Hastings Community Health

185 High Street, Hastings

(next to Westernport Secondary College)

Drop in Breastfeeding Clinics are held on
Fridays – 1.00pm to 4.00pm
(no appointment is needed)