

GP Shared Care - Breastfeeding Education and Support

Provided for women birthing at the following hospitals in SESLHD

General Practitioners/Obstetricians	Royal Hospital for Women	St George Public	Sutherland Hospital
Antenatal Breastfeeding Education Sessions	https://www.trybooking.com/181643	www.seslhd.health.nsw.gov.au/Childbirth_and_Parent_Education/	
<p>A woman identified with an issue in the antenatal period that may affect her ability to breastfeed successfully should be referred for a free antenatal consult with a Lactation Consultant, prior to 28 weeks gestation.</p> <p>This may include but not limited to:-</p> <ul style="list-style-type: none"> • Breast surgery • No change in breast size by third semester • Identification of breast hypoplasia • Previous traumatic breastfeeding history/poor supply • Severely inverted nipples • Polycystic ovarian syndrome with no breast changes/poor history as above • Nipple vasospasm • Women with pre-pregnancy BMI >30 • Diabetes Mellitus Non-Insulin Dependent Diabetes Mellitus Gestational Diabetes Mellitus 	Private consultation with Lactation Consultant 9382 6341	Private consultation with Lactation Consultant 9113 2053	Private consultation with Lactation Consultant 9540 7913 and leave message for the lactation consultant – phone call will be returned within one week
Australian Breastfeeding Association Antenatal Education Classes – book via www.breastfeeding.asn.au			
<p>Breastfeeding support services are available at the hospital of birth. Women may self-refer directly and/or GP's can liaise with the Lactation Consultant regarding appropriateness of referral and level of support able to be offered.</p> <p>This may include but not limited to:-</p> <ul style="list-style-type: none"> • The above list • Mastitis • Ongoing nipple damage and painful breastfeeding • Low supply of breastmilk • Breast refusal • Nipple shield 	<p>Up to two weeks post birth Breastfeeding Support Unit 9382 6370</p> <p>Appts are Monday to Friday 0900-1200</p>	<p>Up to two weeks post birth 9113 2053</p> <p>Limited appts are available seven days a week 1200-1500</p>	<p>Up to two weeks post birth 9113 2053</p> <p>Limited appts are available seven days a week 1200-1500</p>
<p>After hospital discharge women can be referred to their local area Child and Family Health Clinics for Breastfeeding Support Groups via links below</p> <p>https://www.schn.health.nsw.gov.au/parents-and-carers/our-services/community-child-health/sch</p> <p>http://www.seslhd.health.nsw.gov.au/SGSHHS_CFHN/breastfeeding.asp</p> <p>Australian Breastfeeding Association 24hr Helpline 1 800 MUM 2 MUM or 1800 686 268 Or face to face counselling at one of the Australian Breastfeeding Association Local Discussion Groups Randwick Group : abarandwickgroup@gmail.com Bondi Junction Group abarandwickgroup@gmail.com St George Group stgeorgeaba@gmail.com The Sutherland Shire: shireaba@gmail.com Inner West: citywest@innermetroaba.com.au Marrickville Group: abanikki@gmail.com</p> <p>Private Lactation Consultants http://www.lcanz.org/find-a-lactation-consultant/</p>			