

Typical services provided by IBCLCs:

- Private consultations
- Home visits
- Assistance in hospital
- Telephone consultations
- Breastfeeding workshops for health professionals
- Antenatal/postnatal breastfeeding education classes
- Breast pump hire
- Education materials and literature
- Advice on lactation equipment

For assistance or further information:

- You may self-refer
- See yellow pages breastfeeding support
- the internet
www.iblce.edu.au
www.lactation.org.au

You may also be referred by your doctor, midwife, child health nurse, physiotherapist, dietitian, pharmacist, or a mother support counsellor (Australian Breastfeeding Association or La Leche League)



BREASTFEEDING



Having a baby?
Wanting to know more about breastfeeding?



Contact a
Lactation Consultant

Breastfeeding is natural, but it is a learned skill.

It can take some time to become **natural**.

An **International Board Certified Lactation Consultant (IBCLC)** is a specialist in lactation management.

A health care provider with the necessary skills, knowledge and attitude to provide “state of the art” breastfeeding advice and expert assistance with lactation related problems.

IBCLCs work in hospitals, child health centres and as private practitioners.

Most women **want** to breastfeed their babies because they know it is **best**.

But sadly many women wean earlier than they wish to, due to problems that are either **avoidable** or **manageable**.

Many new parents have some difficulties with breastfeeding

Reasons you might want to see a lactation consultant:

- Problems with your baby’s attachment to the breast and/or suck
- Sore or damaged nipples
- Concerns or problems with milk supply- too little or too much
- Unsettled baby
- Breastfeeding twins or multiples
- Preterm babies
- Maternal problems that may impact on breastfeeding; unusual breast or nipple anatomy, history of breast surgery, physical disability
- Mastitis or recurrent blocked ducts
- Weaning and/or introducing solids
- Babies with medical problems eg. failure to thrive, gastro-oesophageal reflux, cleft lip/palate, Down’s syndrome
- Mixed feeding (breastmilk and formula)
- Expressing and storing breastmilk
- Assistance to return to work/study
- Hospitalisation of mother and/or baby