



Breastfeeding  
your  
**baby**  
in Australia

**QUT**



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Government**



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### **Breastfeeding your baby in Australia**

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- The Sudanese, Burundian and Congolese communities of southern Brisbane
- Australian Breastfeeding Association
- Inala Child, Youth and Family Health Service
- Logan Child, Youth and Family Health Service
- Logan Hospital
- Logan Women's Health and Wellbeing Centre
- Mater Mothers Hospital
- Multicultural Development Association
- Newly Arrived Youth Support Centre
- Nutrition Promotion Unit, Eight Mile Plains Community Health
- Queensland Program of Assistance to Survivors of Torture and Trauma
- Queensland University of Technology – School of Public Health
- Refugee Health Queensland
- Spiritus Early Parent Centre
- TELLS – TAFE Queensland English Language & Literacy Services.



**Mary breastfed her two healthy children in her home country.**

**Now she lives in Australia.**

**Mary wants to breastfeed her new baby Paul.**

What is the healthiest way to feed my baby? Breast or bottle?

Breastmilk has everything your baby needs.

Infant formula is not as good for babies. Breastmilk has more goodness than formula.



**Breastmilk helps your baby to fight sickness.**

My yellow breastmilk  
is not good for Paul.



No, that's not true.  
Paul needs the  
yellow milk. It helps  
to protect him  
from getting sick.

**Mary is worried.**



Breastmilk is  
the best food  
for Paul.

It will make  
him strong  
and healthy.





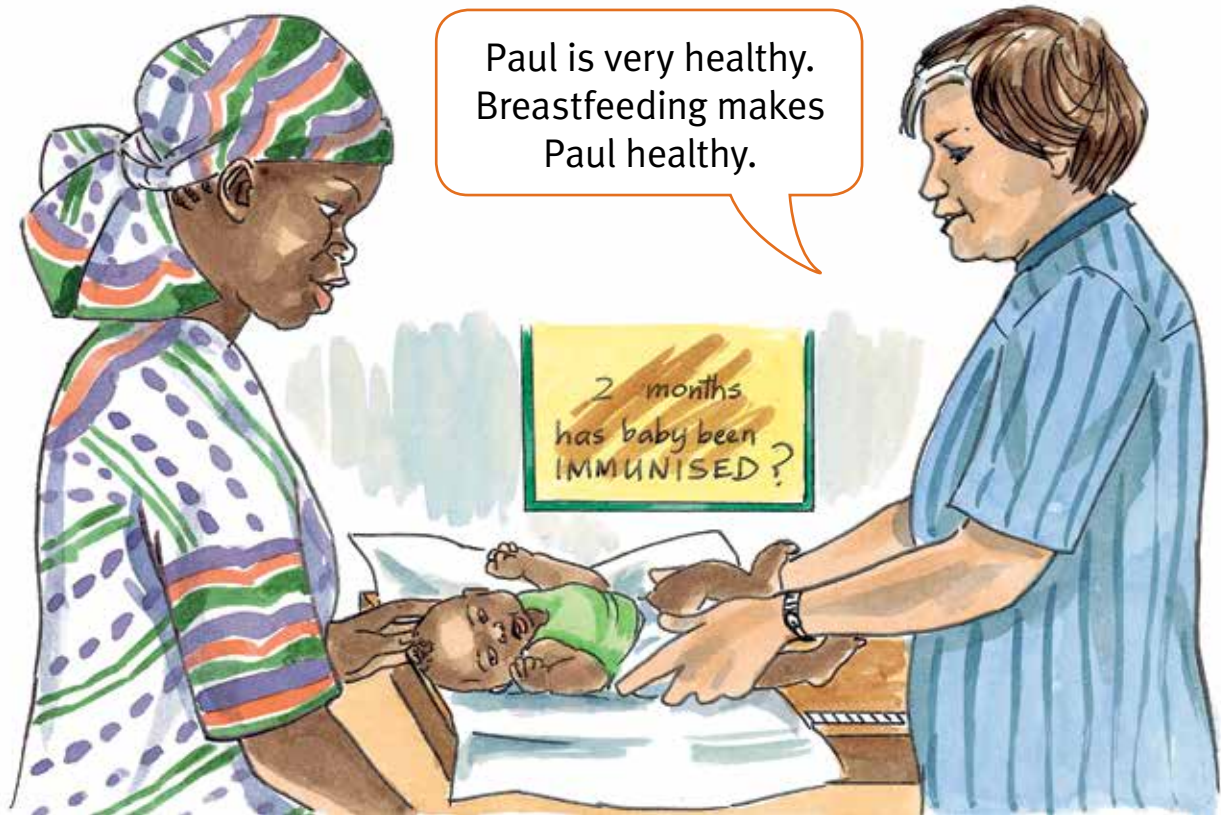
**Breastmilk is all Paul needs now.  
He is too young to eat solid food.  
He can eat solid food when he is about 6 months old.**



Paul doesn't need  
water or juice.

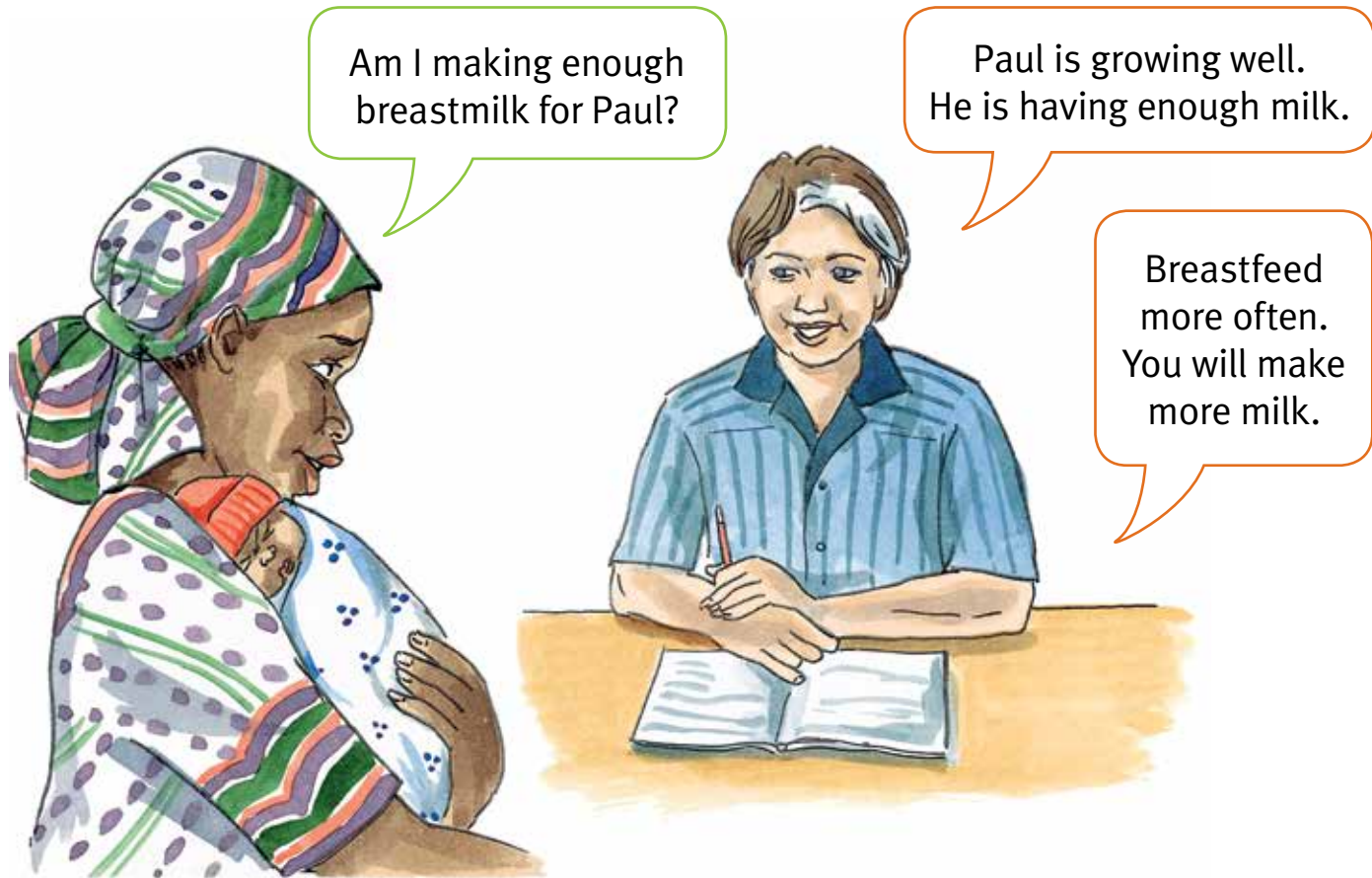
Your breastmilk  
has enough water.





Paul is 2 months old.

Mary takes him to the Child Health Clinic. It is time for his immunisation.



Am I making enough breastmilk for Paul?

Paul is growing well. He is having enough milk.

Breastfeed more often. You will make more milk.

Mary is worried.

I go to the shops. I go to the park. I can see the mothers and their babies but I can't see the mothers breastfeeding. Where can I breastfeed outside my home?



You can breastfeed anywhere that you want to. That is the law in Australia.

People cannot say, "Don't breastfeed here." It is OK to breastfeed when you are out of your house.

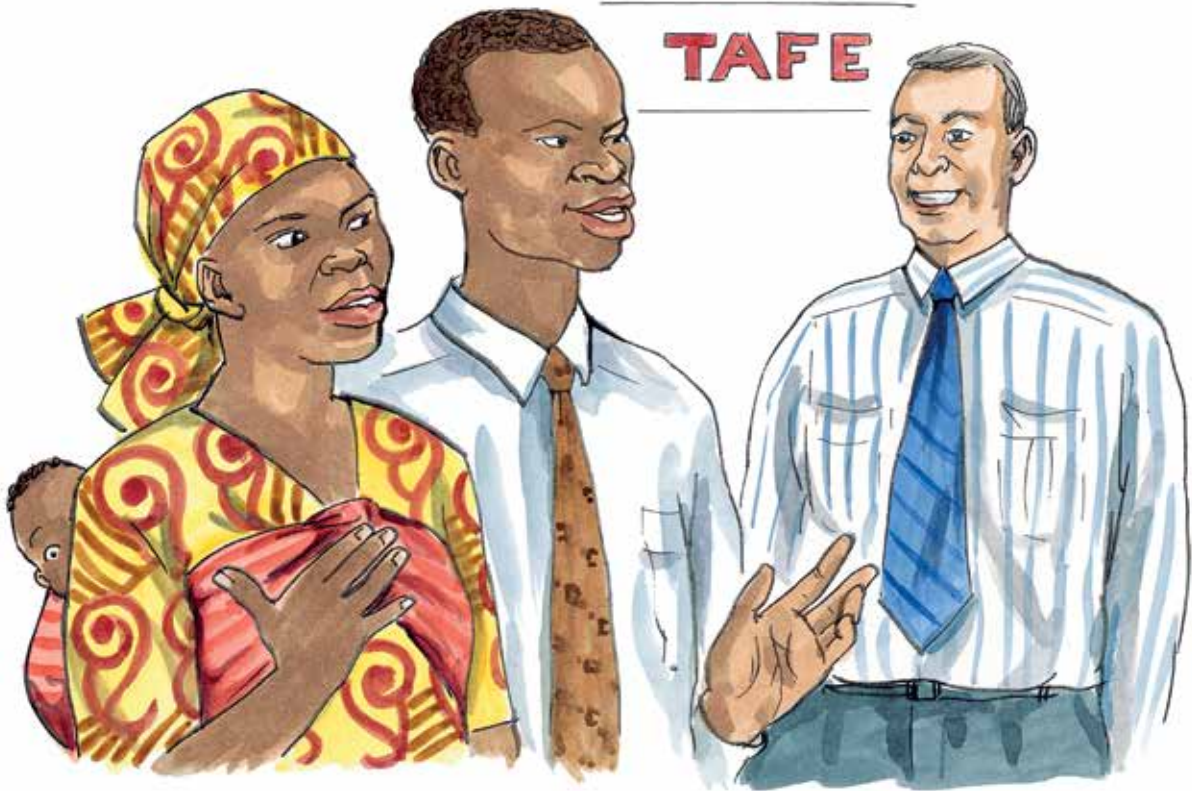




Australia  
welcomes  
**breastfeeding**  
everywhere







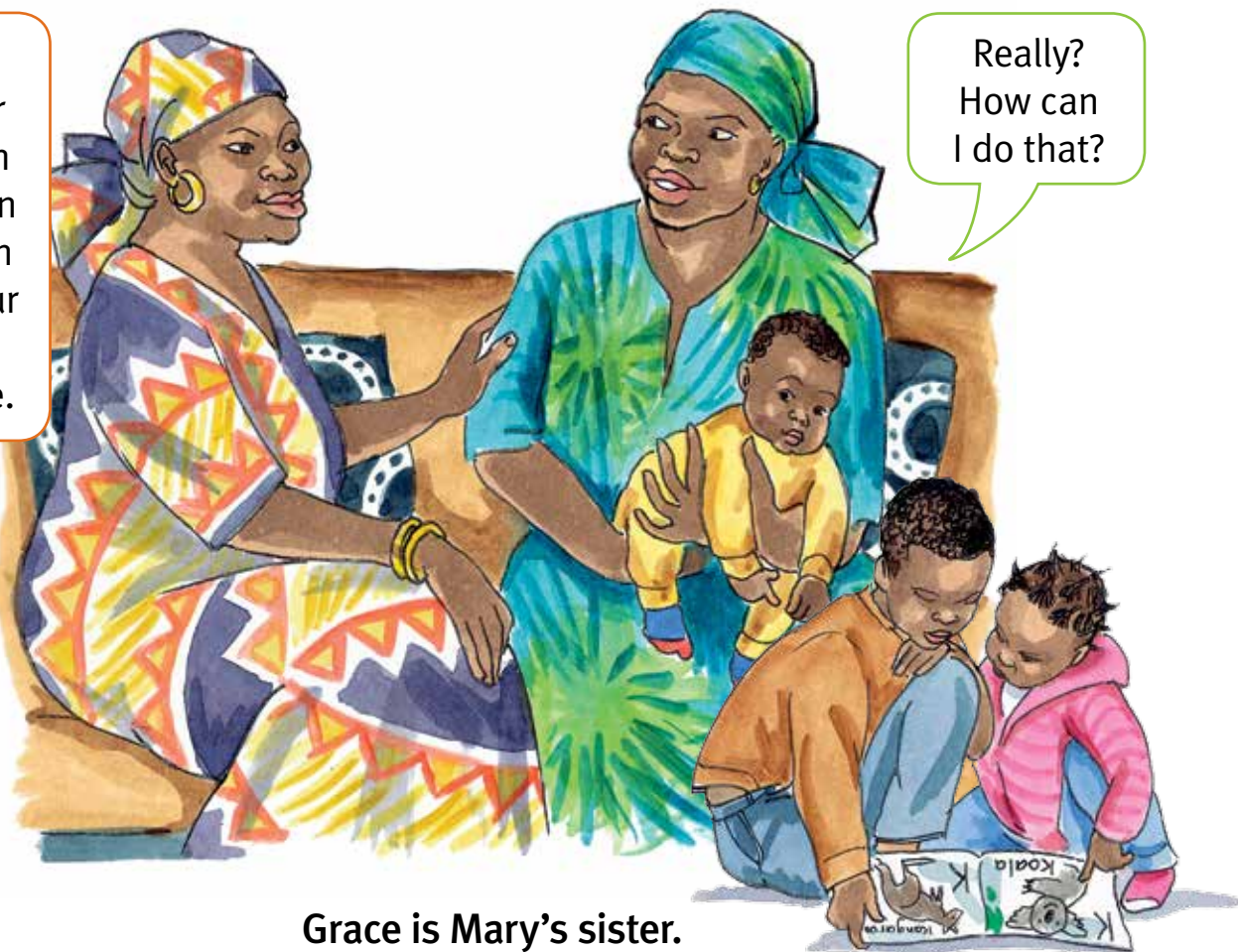
**Paul is 4 months old.**

**Mary wants to go to English classes.**

**How can Mary breastfeed Paul when he is at childcare?**

Mary, you can put your breastmilk in a bottle! Then someone can give Paul your breastmilk from a bottle.

Really?  
How can I do that?



Grace is Mary's sister.

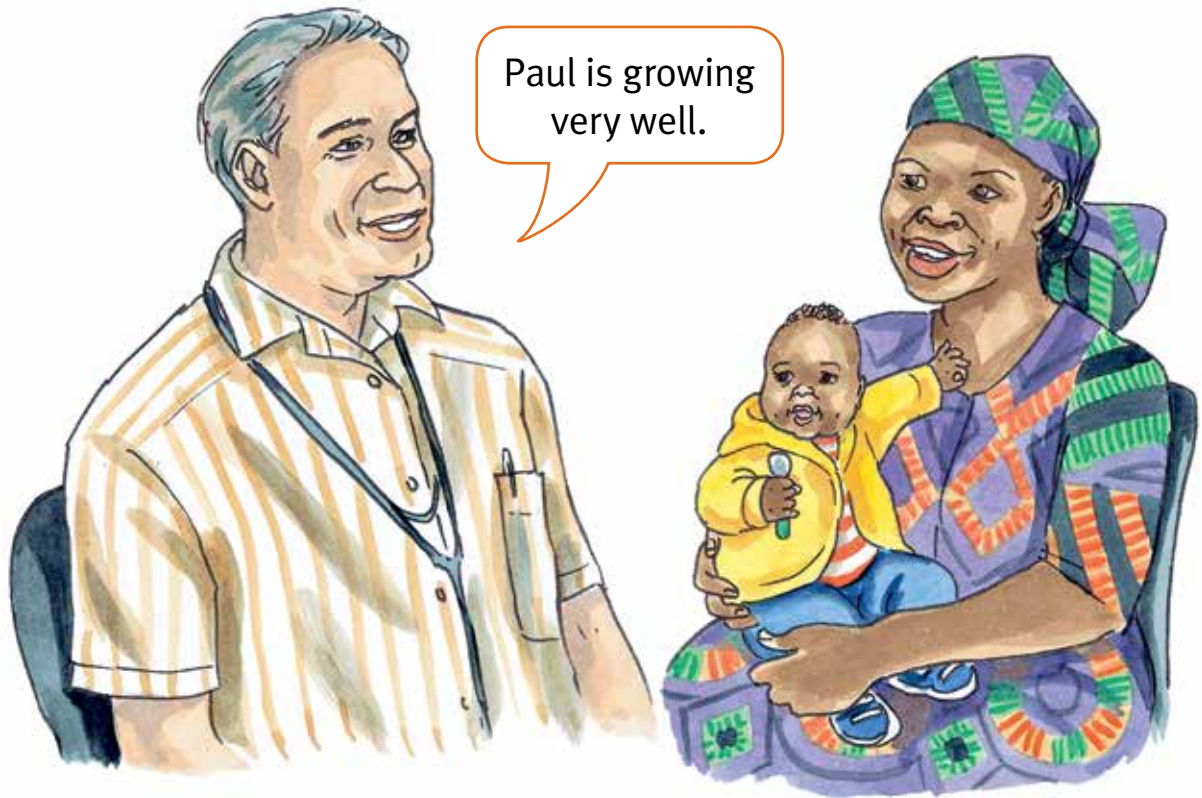
The nurses at the child health clinic can teach you.  
They can teach you how to put  
your breastmilk into a bottle.

They can teach you  
how to store it safely.





Mary is providing breastmilk to Paul while he is in childcare.



**Paul is 6 months old.  
Mary takes Paul to the doctor.  
It is time for another immunisation.**



**Mary is happy.  
She is looking after Paul very well.  
Paul is strong, healthy and happy.**





(13 43 25 84)  
Concerned?  
Make the call.

[www.health.qld.gov.au](http://www.health.qld.gov.au)