

Breastfeeding and milk supply

Breastfeeding



Is giving formula the same as breastfeeding?

No. Breastmilk provides your baby with everything their body needs and it has special antibodies that help your baby to fight diseases and stay healthy.

Formula does not meet your baby's needs as well as breastmilk.

Your breastmilk is made especially for your baby.

Breastmilk is all your baby needs for the first 6 months of life. Your baby does not need any other foods or fluids before 6 months of age.



Contact your Child Health Nurse or Doctor or the Australian Breastfeeding Association if you have any breastfeeding questions.

Queensland Health: 13 HEALTH (13 43 25 84)
Australian Breastfeeding Association: 1800 mum 2 mum (1800 686 268)

Am I making enough breastmilk?

Yes, if your baby:

- is growing well
- uses at least 6 wet cloth nappies OR 5 wet disposable nappies each day.

How can I increase my milk supply?

- Breastfeed more often as this will make more milk for your baby.
- Ensure you get enough rest.
- Drink plenty of water and eat healthy foods.



Talk to a Child Health Nurse if you think your baby is not having enough breastmilk.

Babies cry for lots of reasons and it may not mean that you do not have enough milk.

Giving formula or solid foods to your baby may reduce your breastmilk supply.

