Breastfeeding your baby in Australia
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- 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.
Breastmilk helps your baby to fight sickness.

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.
Mary is worried.

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.
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.

Paul is very healthy. Breastfeeding makes Paul healthy.
Mary is worried.

Am I making enough breastmilk for Paul?

Paul is growing well. He is having enough milk.

Breastfeed more often. You will make more milk.
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.

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.

Paul is growing very well.
Mary is happy. She is looking after Paul very well. Paul is strong, healthy and happy.
Concerned?
Make the call.

(13 43 25 84)
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Make the call.

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