

South Australian Breastfeeding Support Services – April 2018

Telephone support

Australian Breastfeeding Association (ABA) www.breastfeeding.asn.au

National Breastfeeding Helpline 1800 Mum to Mum 1800 686 286

- Telephone Counselling /Email Counselling /In person at group meetings
- 7 days a week. ABA breastfeeding counsellors are all volunteers and answering calls in their own homes
- Their area of expertise is breastfeeding management
- Counsellors are not medically trained and can not give medical advice.

Parent Helpline 1300 364 100 (local call cost within South Australia) www.cyh.com

Provided by the Women's & Children's Health Network

- 7 days a week
- Available to parents of children from birth to 12 years who live anywhere in South Australia.

Other support

Organisation	When	Professional support	Eligibility criteria	Contact/bookings
Child and Family Health Service (CaFHS) Venues throughout South Australia	Mon.-Fri metropolitan & country venues. <u>Clinic</u> : Breast-feeding support (any age baby). <u>Day Service / Torrens House</u> Parents of babies 0-12 months old	CaFHS nurses (CaFHS nurses may also be Midwives & /or Lactation Consultants)	<u>Clinic services</u> No referral required but essential to book <u>Day service /Torrens House</u> require a referral from CaFHS clinic staff	<u>All Clinic services:</u> Essential to book 1300 733 606
Women's & Children's Hospital (WCH) North Adelaide 1 st Floor, Parent Education Room Queen Victoria Building	<u>Antenatal education</u> Thurs 9.30 – 11.00	Facilitated by a Midwife who may also be a Lactation Consultant	All women birthing at the Women's and Children's Hospital and their support person are welcome	No booking required (08) 8161 7571
Lyell McEwin Hospital (LMH) Elizabeth Vale	Tuesday and Friday 8.30am-5pm	Midwife/Lactation consultants (Phone Counselling anytime 8182 9380)	All breastfeeding mothers of babies up to 8 weeks old	(08) 8182 9380 Essential to book
Gawler Health Service.	Arrange via Midwife	Midwife	All breastfeeding mothers of babies up to 6 weeks of age	(08) 8521 2011
Flinders Medical Centre (FMC) Post natal (Ward 4C) Bedford Park	Tuesday, Thursday Friday and alternate Mondays.	Midwife / Lactation consultant.	Only breastfeeding mothers who have given birth at FMC with babies up to 6 weeks of age.	(08) 8204 4216 Essential to book
Tanunda Hospital, Mill St, Outpatient Clinic by appointment only Bookings Essential	Mon-Fri 8.30-5pm Excluding public holidays	Rosie Reynolds Community Midwife Childbirth Educator Lactation Consultant	All breast feeding mothers and babies. No age limit	0418 842 022 Essential to book

Medical Practitioner Lactation Consultants (LC's or IBCLC's) are specialists in lactation management			
Adelaide Health Care, 43 Carrington Street	M. McCaul GP/LC J. Chan GP T. Moore Midwife/LC	Mother and Baby Clinic Wednesday mornings	(08) 8410 0774

This list may not be an accurate reflection of all current GP/LC's and all services in South Australia as:

- Keeping the list updated relies on notification of changes / additions
- Not all who are GP/ LC's wish to be included in the list .(Some may not have capacity to accept new patients)

Private Lactation Consultants in SA are listed at <http://www.lcanz.org/find-a-lactation-consultant/>

SA Breastfeeding Support Services is updated annually and can be downloaded or printed from <http://www.cyh.com/SubContent.aspx?p=479>

Please submit any additions/amendments to kathy.mattner@sa.gov.au prior to **April 15th 2019**.

