

Breastfeeding if you are away from your baby

Breastfeeding

How can I breastfeed when I start English classes or go to work?



When you need to be away from your baby or if your baby has to go to childcare, you can give them breastmilk, but you need to plan ahead.

Try to find childcare close to your work or English class so you can breastfeed in the breaks.



Expressing breastmilk

- You can express your breastmilk into a bottle so someone else can give it to your baby later.
- This will maintain your breastmilk supply and ensure your baby is still getting the benefits of breastmilk.
- The nurses at the Child Health Clinic can help you and teach you how to store breastmilk safely.



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)

