

## South Australian Breastfeeding Support Services – April 2019

### Telephone support

**Australian Breastfeeding Association (ABA)** [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**National Breastfeeding Helpline** 1800 Mum to Mum 1800 686 268

- 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](http://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
<b>Child and Family Health Service (CaFHS)</b> 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	All Clinic services: Essential to book 1300 733 606
<b>Women's &amp; Children's Hospital (WCH) North Adelaide</b> 1 <sup>st</sup> 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 mothers welcome	No booking required  (08) 8161 7571
<b>Lyell McEwin Hospital (LMH) Elizabeth Vale</b>	Tuesday and Thursday 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
<b>Gawler Health Service.</b>	Arrange via Midwife	Midwife	All breastfeeding mothers of babies up to 6 weeks of age	(08) 8521 2011
<b>Flinders Medical Centre (FMC) Post natal (Ward 4C) Bedford Park</b>	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

Medical Practitioner Lactation Consultants (LC's or IBCLC's) are specialists in lactation management			
<b>Adelaide Health Care,</b> 43 Carrington Street	<b>M. McCaul</b> GP/LC <b>J. Chan</b> GP <b>T. Moore</b> Midwife/LC	Mother and Baby Clinic Wednesday mornings and alternate Thursday 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 [belinda.biddle@sa.gov.au](mailto:belinda.biddle@sa.gov.au) prior to **April 15<sup>th</sup> 2020**.

