

The benefits of breastfeeding

What are the benefits of breastfeeding for my child?

Exclusive breastfeeding in the first 6 months is the best way to feed a baby.

Breastfeeding helps to:

- **Provide nutrients and energy**
- **Develop strong immune system to help protect baby**
- **Support jaw and mouth development**
- **Reduce obesity**

What are the benefits of breastfeeding for me?

Breastfeeding can lower a mother's risk of developing:

- **Breast cancer and ovarian cancer**
- **Type 2 diabetes**

Other benefits:

Breast feeding can help to strengthen the bond between mother and child.



When should I get help?

Breastfeeding can sometimes be difficult, especially for new mothers.

Seek help if:

- **You are finding breastfeeding difficult**
- **You are worried about how much milk your baby is getting**
- **You are experiencing low mood or other mental health concerns**

Where can I get more information or support?

If you are concerned about anything related to breastfeeding, you can contact:

- Doctor (GP) or Paediatrician
- [Child and Family Health Nursing Services](#)
- Call Karitane **1800 227 464**
- Call Tresillian **1800 272 736**



Important points to remember

- **You know your child best, if you think something is wrong, seek help**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network](#)
(swsphn.com.au)



Increasing early supports to improve child outcomes

Insert your contact details here