



City of
KINGSTON

Breastfeeding support service *for all families*



Lactation consultant 📞 0438 597 560

The City of Kingston Breastfeeding Support Service provides free information and assistance to families with breastfeeding concerns. The service is run by a Maternal & Child Health Nurse who is an internationally certified lactation consultant.

We offer a range of support and information on a range of breastfeeding concerns including:

- Sore and cracked nipples
- Attachment
- Nipple or breast pain and thrush
- Breast milk supply and expressing
- Mastitis or breast refusal

Come along to one of our feed & chat drop in sessions for all mothers

Come and meet other mothers in a relaxed atmosphere. These sessions are a great way to share experiences with other mothers and have your questions answered by our friendly nurses.

For times and locations please see [📄 kingston.vic.gov.au/breastfeeding](http://kingston.vic.gov.au/breastfeeding)

Other services available in the community

- Maternal & Child Health Line 📞 13 22 29
- The Australian Breastfeeding Association Helpline
📄 breastfeeding.asn.au 📞 1800 686 2 686 (1800 Mum2Mum)
- Peninsula Health Breastfeeding Support
📄 peninsulahealth.org.au 📞 9784 7455
- Monash Medicines Information Centre
📄 monashhealth.org 📞 9594 2361
- Sandringham Breastfeeding Support Services
📄 thewomens.org.au 📞 9076 1570



kingston.vic.gov.au/families

📞 1300 764 807 [f cityofkingston](https://www.facebook.com/cityofkingston)