



Grace Centre for Newborn Care
Lactation support
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Feeding your baby

Antenatal Information



Lactation and breastfeeding support in Grace Centre for Newborn Care

There is often much emphasis placed on breastfeeding within a few hours of birth and some babies who come to Grace may have an opportunity to do so, if their condition allows. If you are unable to have this opportunity it does not mean that you will not be able to establish breastfeeding at a later stage .

It may be a stressful time after your baby is born however it is important to start expressing soon after the birth. This will help your body produce milk for when your baby is ready to feed.

Expressing your breastmilk is important for the bond you have with your baby
“Expressing for my baby helped me feel like their mother”

Mother of a baby in hospital

Expressing your first milk

Ask the midwives in the postnatal ward to help you express some colostrum (first milk) by hand within a few hours of having your baby. This should be repeated approximately every 4 hours afterwards for the first two days. It can be collected in a syringe, refrigerated in your ward and brought over when you come to see your baby.

Using an electric pump

You may not be able to breastfeed your baby straight away depending on his/her condition, so in order to establish your milk supply we offer an electric pumping facility. We will provide you with an expressing kit to use that connects to the electric pumps in the expressing room provided. You can start using the electric pump as early as 48 hours after the birth of your baby.

Ongoing support

The medical and nursing team in Grace are strong advocates for ensuring your baby receives breast milk where medically possible. Lactation nurses are available most days to help with any problems you may have regarding breast feeding and expressing. Breastfeeding will be encouraged when it is medically appropriate and there will be support available at this time. There are privacy screens available to use when breastfeeding at the bedside, if you wish to use them.

What can I do to help prepare myself before and soon after the birth ?

- Have a well fitting maternity bra.
- Make enquiries into breast pump loan, hire or purchase to use at home.
- Keep a photo of your baby handy, to look at when expressing your milk.
- Eating a balanced diet and drinking water are very important when you are expressing.

If you would like further information, please contact the lactation specialists in Grace on:

Tel : 02 98455 3398 (direct line)

Or (02) 9845 0000 and

ask for pager 6316