

Infant Care, Feeding & Maternal Recovery

INFANT FEEDING

BRISBANE LACTATION CONSULTANTS

- Katie Irwin: <https://www.flourishlactation.com.au>
- Rachel Hodge: <https://www.maiamothers.com.au/lactation-services>
- Bridget Ingle: <https://www.bridgetingle.com.au>

BREASTFEEDING INFORMATION & SUPPORT

[Australian Breastfeeding Association](#) : The first week of Breastfeeding Guide to set you up for the best breastfeeding journey

Breastfeeding Helpline: 1800 mum 2 mum | 1800 686 268

[Thompson Method Breastfeeding Program](#)

App: Breastfed NZ

The Discontented Little Baby Book: Excellent book about the first 12-16 weeks of life in a newborn, covering support with feeding, settling, development, and parenthood.

BOTTLE FEEDING

Paced Bottle Feeding Video: <https://www.youtube.com/watch?app=desktop&v=TuZXD1hIW8Q>

Paced-bottle feeding guide: <https://www.breastfeeding.asn.au/resources/paced-bottle-feeding>

Formula: <https://www.breastfeeding.asn.au/resources/facts-formula>

INFANT CARE

WINDING TIPS:

Link for more settling techniques:

<https://www2.hse.ie/babies-children/parenting-advice/caring-for-a-new-baby/winding-burping/>

I Love U baby massage technique for wind

<https://www.youtube.com/watch?app=desktop&v=v2dYuyvVOVY>

INFANT DEVELOPMENTAL MILESTONES

- The Discontented Little Baby Book
- <https://www.pregnancybirthbaby.org.au/baby-development>
- <https://raisingchildren.net.au/newborns/development/development-tracker/0-1-month>

BABY CAR SEAT

- Have your car seat installed this week, ready in time for baby's arrival typically by 36 weeks
- There are services that will do this / check this to ensure it is safely installed

<https://kidsafeqld.com.au/child-car-seat-fitting/>

SAFE SLEEPING GUIDELINES

For all babies 0-12 months, Red Nose recommends six key steps to reduce the risk of sudden infant death (SIDS)

<https://rednose.org.au/article/red-nose-six-safe-sleep-recommendations>

KIDSAFE

Car seat fittings, safe sleeping, safe home environment, avoiding common dangers information. They have a centre to visualised safe home and safe sleeping to offer support.

<https://kidsafeqld.com.au>

Maternal Recovery

PERINEAL AND CAESAREAN SCAR MASSAGE

<https://myexpertmidwife.com/blogs/my-expert-midwife/massaging-scars>

GENERAL RESOURCES FOR POSTPARTUM

- <https://www.pregnancybirthbaby.org.au>
- <https://raisingchildren.net.au>
- <https://www.breastfeeding.asn.au>
- <https://www.triplep-parenting.net>
- Call 13 Health to speak to a nurse 24/7 <https://www.ambulance.qld.gov.au/our-services/13health>

RECOMMENDED POSTNATAL PODCASTS

- Australian Birth Stories
- The Great Birth Rebellion (more focussed on pregnancy and birth but has some postnatal info)
- Baby talks ABC
- Beyond the Bump
- Tales From The Fourth Trimester
- The Science of Motherhood
- The Glorious Mess: Little Kids

BRISBANE PARENTS GROUPS AND CHILD HEALTH

- Local Child Health Clinics <https://www.qld.gov.au/health/children/babies/clinics>
- Peach Tree <https://peachtree.org.au/groups/>
- Maia Mothers Collective <https://www.maiamothers.com.au/store/mothers-group>
- Everyday Mums: <https://everydaymums.com.au>
- Keeping Mum <https://keeping-mum.com.au/mothers-groups>
- Mothers Connected <https://www.mothersconnected.com.au>
- Mama Collective <https://mamacollective.com>
- Intuitive Mothers <https://intuitivemummas.com.au/0-6months>
- Modern Mamas <https://www.modernmamasgroup.com.au>