



The mothers of the first official Breastfeeding Cafe at Kyabram District Health Services.

Friendly feeding situation

A new and more friendly way to breastfeed has been introduced at Kyabram District Health Services.

New mothers, their infants, hospital midwives and a maternal and child health nurses gathered at KDHS recently for the first ever Breastfeeding Cafe.

Taking place at the newly constructed KDHS courtyard cafe,

mothers enjoyed morning tea while discussing general health and wellbeing, community support as well as feeding and parenting tips.

With plans for the group to have the Breastfeeding Cafe monthly, alternating the day of the week it will be on, the founding cafe members hope that working mothers and families will become more involved into the future.

KDHS clinical services director Bernadette Wardle said the hospital had been looking at ways to support mothers of young babies and their children, while also keeping them connected with each other and health professionals.

"We now have our courtyard cafe that is a perfect venue for mothers to relax with their babies and toddlers, have a

barista-made coffee and cake, whilst being able to seek advice and support about feeding and parenting from our midwives and local maternal and child health nurses," she said.

"We want breastfeeding mothers to feel welcome and supported by and within our health service."

The next Breastfeeding Cafe will be held on June 19 at 10.30 am at the KDHS Courtyard Cafe.