



Your guide for navigating

the first 72 hours

with your newborn



Australian
Breastfeeding
Association

The first 72 hours after birth is an important time for you and your baby.

Our 24/7 online resource will guide you through the first hours with your newborn and provide you with practical information and support. Hear from other mums about how they got through this time and what worked and didn't work for them.

What's covered

- Getting breastfeeding started
- Getting to know your baby's needs in the first 72 hours
- Physical and emotional changes experienced after birth
- Healthcare for you and your baby in the first 72 hours
- How to access and get the support you need



Access now!

aba.asn.au/first72hours



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