



# Breastfeeding your baby with Down syndrome

## Congratulations on the birth of your baby!

It is natural to have mixed emotions as you wonder what lies ahead for you and your baby. You are not alone; there is support for you and your family as you care for your little one and help them grow and learn.

Every baby with Down syndrome has their own strengths and needs. Some babies and children may take a little longer to reach developmental milestones. Breastfeeding can be an important part of supporting your baby's growth and development in the early weeks and months, and also later in your baby's life.

### Booklet: *Breastfeeding: your baby with Down syndrome*

*Breastfeeding: your baby with Down syndrome* uses practical information from research and mothers' experiences of breastfeeding babies with Down syndrome.

Printed: \$15 Download: \$10  
Printed and download: \$20



#### Booklet



[aba.asn.au/  
booklet-d-s](http://aba.asn.au/booklet-d-s)

### ABA Virtual Village is just a click away

Access a world of online breastfeeding and parenting support and resources to empower your journey. Connect from the office, the hospital or the comfort of home.

Experience convenience and connection with live online sessions, personalised app notifications, local meet-ups, exclusive discounts and access to member-only resources.

#### Get access



[aba.asn.au/access](http://aba.asn.au/access)

### Breastfeeding Preparation Session

FREE

Down syndrome. Your guide to breastfeeding.

Learn about breastfeeding your baby with Down syndrome at our 1.5-hour webinar. Hear from mums sharing their lived experiences and get support tailored to meet your needs. Scan the QR code to find out more and book into an upcoming webinar.

- Holding and attaching a baby with low muscle tone
- How breastfeeding can support sleep and medical needs
- How to tell when your baby is ready for a feed
- Signs your baby is getting enough milk

#### Pregnancy



Virtual Village

#### Book now



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**1800mum2mum**  
Breastfeeding Helpline 1800 686 268

[aba.asn.au/call](http://aba.asn.au/call)



**LiveChat**

Breastfeeding info with ABA

[aba.asn.au/chat](http://aba.asn.au/chat)



**Connect with local mums**

[aba.asn.au/connect](http://aba.asn.au/connect)