

Help with breastfeeding

If you have any questions or concerns about breastfeeding, about your health or about your baby, please contact:

- your maternity hospital, who will direct you to a midwife, lactation consultant or nurse who can help you
- your Child and Family Health Nurse
- your GP
- the Australian Breastfeeding Association helpline on 1800 686 268

You could also consider joining one of the following closed Facebook groups. You can request permission to join, and the administrators will get back to you and confirm your membership.

[Join our breastfeeding with diabetes Facebook support page](#)

[Type 1 Diabetes and Pregnancy – Bump, Baby and Beyond \(Australian women\)](#)