

Australia

Australian Breastfeeding Association (ABA)

Australia's leading breastfeeding support organization, providing evidence-informed information, free educational resources, a **24-hour National Breastfeeding Helpline**, online support, and local peer support groups for families across Australia.

Website: <https://www.breastfeeding.asn.au>

Pregnancy, Birth and Baby

A free Australian Government service offering trusted information and advice about pregnancy, birth, breastfeeding, and early parenting. Parents can also access a telephone helpline and live web chat with maternal child health nurses.

Website: <https://www.pregnancybirthbaby.org.au>

Healthdirect Australia

A government-funded service providing trusted health information on breastfeeding, expressing and storing breast milk, common feeding challenges, maternal health, and access to healthcare services.

Website: <https://www.healthdirect.gov.au>

Australian College of Midwives (ACM)

The professional organization for midwives in Australia, offering evidence-based information on pregnancy, birth, breastfeeding, and postpartum care while supporting excellence in maternity services.

Website: <https://www.midwives.org.au>

Lactation Consultants of Australia and New Zealand (LCANZ)

The professional association representing International Board Certified Lactation Consultants (IBCLCs) in Australia and New Zealand. Families can learn about professional lactation care and search for an IBCLC to receive individualized breastfeeding support.

Website: <https://lcanz.org>

Australian Human Milk Bank Association (AHMBA)

Supports the safe provision of donor human milk and promotes best practices in human milk banking across Australia. Provides information about donor milk, milk donation, and milk bank services for babies with medical needs.

Website: <https://www.ahmba.org>

Looking for local support? In addition to the organizations listed above, your midwife, child and family health nurse, general practitioner, or an International Board Certified Lactation Consultant (IBCLC) can provide individualized breastfeeding support and help connect you with local services in your community.

Note:

Resources included on this website have been selected because they provide trusted, evidence-informed breastfeeding information and support. They are reviewed periodically to help ensure continued alignment with the principles of the WHO International Code of Marketing of Breast-milk Substitutes.