

How Breastfeeding Works booklet

Summary This Information Bulletin notifies the system that the NSW Health 'Breastfeeding your baby' resource is rescinded and replaced by the plain English 'How Breastfeeding Works' booklet. Printed copies can be ordered through Finsbury Green and translated copies are available and can be ordered through the Australian Breastfeeding Association (ABA).

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Applies to Local Health Districts, Community Health Centres, Public Hospitals

Distributed to Public Health System, Divisions of General Practice, Private Hospitals and Day Procedure Centres

Audience Maternity;Child and Family Health;Nursing and Midwifery;Allied Health Staff;Aboriginal Health Workers;CALD Support Workers

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Purpose

This Information Bulletin notifies the NSW Health system that the NSW Health *Breastfeeding your baby book* is to be replaced by the Australian Breastfeeding Association's plain English *How Breastfeeding Works* booklet and can be ordered through [Finsbury Green](#). Translated versions are available from the Australian Breastfeeding Association (ABA) via email actnswoffice@breastfeeding.asn.au.

Key Information

The How Breastfeeding Works booklet has been developed by ABA and has been recently updated with input from NSW Health.

How Breastfeeding Works is accessible and aligns with NSW Health's priority to improve health literacy. The content is clear and simple to read with easy-to-follow diagrams covering a wide range of topics.

The Breastfeeding your baby book can continue to be provided to families until stock runs out.

The following provides ordering instructions on the How Breastfeeding Works booklet:

- NSW Health is responsible for the printing and distribution of the plain English How Breastfeeding Works booklet for all NSW Health facilities. The resource can be ordered from Finsbury Green via [Sourceit](#).
- Private facilities can order the plain English How Breastfeeding Works booklet by emailing nswhealth@finsbury.zohodesk.com.au. After receiving the request, a Finsbury Green account manager will contact the private facility to confirm the order and freight charges.
- The ABA is responsible for the printing and distribution of the translated versions of the How Breastfeeding Works booklet. The booklet is available in 14 other languages: Spanish, Arabic, Vietnamese, Burmese, Turkish, Korean, Hindi, Chinese, Bengali, Urdu, Nepali Punjabi, Tibetan and Indonesian.
- A hard copy of translated resources can be ordered by emailing the ACT/NSW ABA Branch office by completing an order form request from actnswoffice@breastfeeding.asn.au.
- The eBook versions of the plain English and the translated booklets are available on the [NSW Health breastfeeding webpage](#) and [ABA webpage](#).



NSW Health Information Bulletin

Further information

For further information, please contact the Health and Social Policy Branch, NSW Ministry of Health at MOH-HSPB@health.nsw.gov.au.