



Dhanbalii-ngaabang (language from the Gundungurra people)

How can I tell dhanbalii-ngaabang (breastfeeding) is going well?
Please tick all boxes which apply below.

If you find there are boxes ticked below, please talk to your Midwife or Child and Family Health Nurse for reassurance or advice about your baby's feeding. It is better for your baby and you to get support from professionals early.



Breastfeeding is going well when:

- Your guudhaa (baby) has 8 feeds or more in 24 hours
- Your guudhaa is feeding for between 5 and 40 minutes at each feed
- Your guudhaa has normal skin colour
- Your guudhaa is generally calm and relaxed whilst feeding and is content after most feeds
- Your guudhaa has wet and dirty nappies (see chart over page)
- Dhanbalii-ngaabang (breastfeeding) is comfortable
- Your ngaabang (breast) is considerably softer after a feed
- When your guudhaa is 3-4 days old and beyond, you should be able to hear your baby swallowing frequently during the feed



Have a yarn with your Midwife or Health Worker if:

- Your guudhaa is sleepy and has had less than 6 feeds in 24 hours
- Your guudhaa consistently feeds for 5 minutes or less at each feed
Your guudhaa consistently feeds for longer than 40 minutes at each feed
- Your guudhaa always falls asleep on the breast and/or never finishes the feed themselves
- Your guudhaa appears jaundice (skin looks yellow). Jaundice usually starts on the face, then spreads to the body arms and legs. **If the jaundice is increasing and your guudhaa is sleepy and not feeding well, contact your Midwife, GP or attend the hospital for review**
- Your guudhaa comes off the ngaabang (breast) frequently during the feed or refuses to dhanbalii-ngaabang (breastfeed)
- Your baby is not having dyindyii (wet) or guna (poo) nappies
- You are having pain in your ngaabang or nyapung (nipple) which doesn't disappear after guudhaa first few sucks. Your nyapung comes out of guudhaa mouth looking pinched or flat on one side
- Your ngaabang are not softer, or are lumpy or red after a feed
- You cannot tell if your guudhaa is swallowing any milk when they are 3-4 days old and beyond
- You think your guudhaa needs a dummy
- You feel you need to give your guudhaa formula

Gundungarra
language:

dhanbalii-ngaabang (breastfeeding)
dyindyii (wet)

gammuang (mother)
guudhaa (baby)





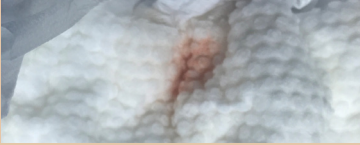
guna (poo)
ngaabang (breast)

nyapung (nipple)
nadgyung (water)

How do I know my guudhaa (baby) is getting enough?

Please tick all boxes which apply below.

The nappy content of your guudhaa (baby) will change during the first week. These changes will help you to know if feeding is going well. Yarn with your Midwife, Child and Family Health Nurse, Aboriginal Health Worker or Health provider if you have any concerns.

| Guudhaa (baby's) age | Dyindyii (wet) nappies | Guna (poo) nappies | |
|-----------------------|--|---|---|
| 1-2 days old | <input type="checkbox"/> 1-2 or more per day. Urates may be present up to day 4* (see below for explanation) | <input type="checkbox"/> 1 or more dark green/black 'tar like' called meconium |  |
| 3-4 days old | <input type="checkbox"/> 3 or more per day. Nappies feel heavier. Some guudhaa girls pass pseudo menstruation** which is normal (see below explanation) | <input type="checkbox"/> Changing in colour and consistency - brown/green/yellow guna coming looser (changing stool) |  |
| 5-6 days old | <input type="checkbox"/> 5 or more. Heavy dyindyii (wet). With disposable nappies it is often hard to tell if they are dyindyii. So to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of nadgyung (water). This will give you an idea of what to look/feel for | <input type="checkbox"/> At least 2 yellow guna; may be quite watery |  |
| 7-28 days old | <input type="checkbox"/> 6 or more heavy dyindyii nappies | <input type="checkbox"/> At least 2 guna, at least the size of a 50 cent coin yellow and often watery, 'seedy' appearance |  |
| *Urates | <input type="checkbox"/> Urates are a dark orange/red substance that many guudhaa pass in the first couple of days. However, if they go beyond the first couple of days you should tell your Midwife, Child and Family Health Nurse, Aboriginal Health Worker or Health provider as that may be a sign that your baby is not getting enough milk | |  |
| **Pseudo menstruation | <input type="checkbox"/> Pseudo menstruation in the first week is blood tinged mucous discharge from the vagina due to withdrawal of the gammuang (mother's) hormones after birth. It is normal | | |

SWSLHD sit on lands of Dharug, Dharawal and Gundungarra peoples. Gundungarra language has been used here to show respect to the traditional custodians of these lands. Many thanks to Kelsie King, language custodian and to photographs of gammuang and guudhaa.