

After a few weeks many ngabawulawala notice their ngaminjang become softer. This does not mean that there is no milk. Your body is getting used to making milk and will switch on to "milk making mode" when gudjaga sucks at the ngaminjang.



Ngaminjang Dhanama Dyalgala

Embrace breastfeeding

With Language from lands of the Dharawal peoples



Dharawal	English	Dharawal	English
bara	night	ngaba	mother
barrangol	skin	ngabawulowala	mothers
dhangala	food	ngaminjang	breast
dyalgala	embrace	ngaminjang dhanama	breastfeed
gami	mouth	ngunda	drink
gudjaga	baby	yarambiyi	lying down
Gudjagawulowala	babies		

Sydney South West Local Health District sit on lands of Dharug, Dharawal and Gundungarra peoples. Local language has been used here to show respect to the traditional custodians of these lands. Many thanks to gudjaga and his ngaba for use of their photos. Many thanks to Jo Tanginoa, language custodian.

Cultural Artwork created by Lauren Henry, Wodi Wodi Walbunja Artist ©Yirra Miya

South Western Sydney Local Health District



ngaba gazes at gudjaga, only 5 minutes old

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This brochure has been developed in consultation with the Aboriginal community in SWSLHD



How to get the best start Ngaminjang Dhanama (breast feeding)

Placing gudjaga (baby) against your barrangal (skin) straight after birth is important to help gudjaga to naturally attach to your ngaminjang (breast). They are clever and often attach better to the ngaminjang by themselves when left uninterrupted against your barrangal.

After the first feed both ngaba (the mother) and gudjaga may rest and sleep. Healthy term gudjagawulawala (babies) will feed at the ngaminjang anything from three or more times in the first 24 hours. In the next 24-48 hours gudjaga will wake and go to the ngaminjang frequently (8 or more times). This is normal particularly at bara (night).

It is important for this frequent feeding to happen as it will stimulate all your milk producing cells in the ngaminjang, and will allow you to ngaminjang dhanama (breastfeed) for as long as you decide to.

Remember any amount of ngaminjang dhanama is good for you and your gudjaga. A healthy gudjaga does not need any other dhangala (food) except your ngaminjang, your body will make enough given the chance.

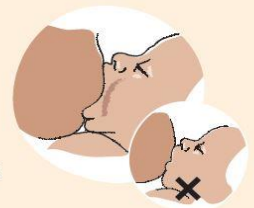
On day 3-4 your ngaminjang will start to fill with milk. They will feel full and gudjaga behaviour will change again.

Scan to see video in Dharawal



Ngabawulawala (mothers) make more milk when gudjaga sucks at the ngaminjang frequently. Allow gudjaga to ngunda (drink) as often as they need.

Having gudjaga at the ngaminjang with a wide open gami (mouth) helps gudjaga attach well with the nipple deep in their gami so they get lots of milk.



There many ways to position gudjaga at the ngaminjang



The most common and easiest position for gudjaga to learn to attach is called the laid back position.



When ngaminjang dhanama in public, the cradle hold is the easiest.



If you've had a caesarean section, underarm position is often more comfortable in the early days.



You can also feed yarambiyi (lying down).

