



australian  
breastfeeding  
association

multi  
cultural  
communication

Farsi  
June 2003  
[NGO-6270]  
Fact Sheet No 4

## Engorgement and Coping with an Oversupply

Only health workers in NSW/Australia can access this resource free of charge on the **NSW Multicultural Health Communication** website at

<http://internal.health.nsw.gov.au/health-public-affairs/mhcs/publications/6270.html>

If you don't have access to the NSW Health intranet, clicking on this link results in a "page not found" or similar error message.

In this case you can order the resource from the **Australian Breastfeeding Association**. An order form is attached.



## Breastfeeding Fact Sheets

Sets of ten fact sheets are available in English and the following languages:

Arabic	Macedonian
Chinese	Serbian
Farsi	Spanish
Khmer	Turkish
Korean	Vietnamese

**Topics are:**

- How Breastfeeding works
- First Feeds- Putting Your Baby to the Breast
- Engorgement and Coping With an Oversupply
- Blocked Ducts and Mastitis
- Sore and Cracked Nipples
- Increasing Your Milk Supply
- The Complementary Feed
- Working and Breastfeeding
- How to Express Breastmilk
- How to Store Breastmilk

Sets of fact sheets cost \$15.00 (GST incl.) per language, and are supplied on CD from which you may print as many copies as required. Please note, copyright of this material resides with Australian Breastfeeding Association and NSW Multicultural Health Communication Service. It is unlawful to make copies of this CD or to reprint these fact sheets in any way other than in the form that they are presented on your CD.

The complete set of 11 languages is available for \$120.00 (incl.GST)

**Australian Breastfeeding Association**

ABN 64 005 081 523

Phone: 03 9885 0855 Fax: 03 9885 0866

Email [info@breastfeeding.asn.au](mailto:info@breastfeeding.asn.au)

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

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**Breastfeeding Fact Sheets  
ORDER FORM**

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Organisation \_\_\_\_\_

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Telephone \_\_\_\_\_ Facsimile \_\_\_\_\_

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- All languages requested will be supplied on one CD. One CD per order form.
- English version must be sold with translations.
- Each language, including English, costs \$15.00 each (including GST)

I wish to purchase complete set of 11 languages

Set of 11 languages	\$120.00
Plus postage, packaging and handling	\$ 5.00
<b>TOTAL (incl. GST)</b>	<b>\$125.00</b>

**OR**

I wish to select the languages. Please indicate the languages required:

English	<input checked="" type="checkbox"/>	Macedonian	<input type="checkbox"/>
Arabic	<input type="checkbox"/>	Serbian	<input type="checkbox"/>
Chinese	<input type="checkbox"/>	Spanish	<input type="checkbox"/>
Farsi	<input type="checkbox"/>	Turkish	<input type="checkbox"/>
Khmer	<input type="checkbox"/>	Vietnamese	<input type="checkbox"/>
Korean	<input type="checkbox"/>		

Total no. of languages		X \$15.00 =	\$
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**Payment details:**

- Enclosed is a cheque/money order for the total payable (made to payable to Australian Breastfeeding Association)
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