

# WE ARE HERE TO SUPPORT YOU ON YOUR BREASTFEEDING JOURNEY

## FAMILY HUBS

You can access breastfeeding support at your local Family Hub. We have trained breastfeeding champions who you can talk to and groups that you can come to with your baby to meet other families.

## MIDWIFES

We will discuss breastfeeding whilst you're pregnant and will be there to help you get feeding off to a good start, from the moment your baby is born.

## HEALTH VISITOR

You will be allocated a health visitor who will see you both before and after your baby is born. We are here to provide support and guidance throughout your breastfeeding journey. We also make up part of the specialist breastfeeding team.

## NURSERY NURSE

We complete some of the core visits, and you might also see us if you decide to come along to baby massage, First friends or Growing friends. We also make up part of the specialist breastfeeding team.

## INFANT FEEDING SPECIALISTS

Both our Maternity and Health visiting services have Infant Feeding Specialists in post. If you need additional support with feeding your baby the health professional looking after you, will we able to refer you to an infant feeding specialist.

## MIDWIFERY SUPPORT WORKERS (MSW)

We are here to offer you support with your breastfeeding. I will visit you at home after you've had your baby and I can be contacted through the Community Midwifery Hub (01302 642794) should you need any extra support.

## HEALTH PROMOTION PRACTITIONERS

We are also able to provide you with breastfeeding support, we organise the delivery of the breast pump service and run the breast start groups across Doncaster. We also make up part of the specialist breastfeeding team.

## BREAST START/FIRST FRIENDS/GROWING FRIENDS GROUPS.

We have a selection of groups that run throughout Doncaster. They include our Breast Start, First Friends and Growing Friends groups. For more in formation please contact Single Point of Contact on 01302 566776 or ask at your local Family Hub.

## ONLINE SUPPORT

Our maternity, health visiting and Family Hubs all have Facebook pages where you can access support. They are all monitored by staff who can answer your questions or point you in the right direction.

## NEED TO LOAN A BREAST PUMP?

If you need to loan a breast pump, you can contact Single Point of Contact on 01302 566776.

## WE SUPPORT OUR MUMS

Look out for the "We Support Our Mums" logo when you're out and about. If you see the logo at a venue it shows that they are supportive of breastfeeding mums. You can be confident that you will be made to feel welcome.

## PEER SUPPORTERS

Doncaster have a team of volunteer breastfeeding peer supporters. They are all mums who have breastfed their babies and have completed training in order to offer their support to other local mums. Peer supporters can be found in the Breast start group/ First friends and growing friends group (Will be back when Covid 19 restrictions allow).

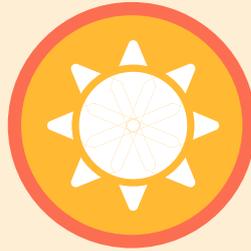


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# IT'S MORE THAN JUST FOOD.



Breast milk is the healthiest food your baby can have - It's full of nutrients only available in breast milk.



Breast milk can help boost your baby's immune system throughout childhood.



Breast milk can help improve oral health



Breastfeeding can help protect against some cancers



Start introducing solid foods from six months of age.



Reduces the risk of sudden infant death.



Helps with relationship building and attachment between mother and baby.



It can help prevent obesity for the child later on in life. For mum breastfeeding can burn around 500 calories a day.



Breastfeeding is good for the environment.



It is free - breastfeeding doesn't cost a penny.

**If you need help and support at any time we are all here for you and your family.**



**Doncaster Council**