



What's available locally for you and your baby?

My ABA Feeding Helper is:

Telephone contact:

Please remember to contact me when your baby is born.

Infant feeding advice

Contact your midwife or health visitor if you need help or advice on feeding your baby, or want a referral to a lactation consultant.

Information about breast and bottle feeding can be found on the NHS Choices website at www.nhs.uk

Local breastfeeding help


Local websites with breastfeeding information and details of local groups:

Organisation 1

Website address

Organisation 2

Website address

 Join the **Name of organisation** Facebook group!

National phone helplines

NCT Helpline for breast and bottle feeding advice: 030 0 330 0771

National Breastfeeding Helpline: 0300 100 0212

La Leche League: 0345 120 2918

Association of Breastfeeding Mothers: 0300 330 5453

Breastfeeding Support for Bengali/ Sylheti speakers: 0300 456 2421

On-line feeding information

www.nhs.uk/breastfeeding
www.bestbeginnings.org.uk
www.realbabymilk.org
www.breastfeedingnetwork.org.uk

ABA study contact information

Name, Position held

Telephone: XXXXX XXXXXX

Email: name@XXXX



OTHER
SUPPORTING
LOGOS

Breastfeeding groups / drop-in sessions

Breastfeeding groups are for all breastfeeding mums from all areas. You are welcome to attend them before you have your baby as well as afterwards.

MONDAYS

10.30–11.30am:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

10.30am–12pm:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

TUESDAYS

10–11.30am:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

11.30am–1pm

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

WEDNESDAYS

12.30–2pm:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

THURSDAYS

1–2.30pm:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

1–2.30pm:

Name of group

Address and postcode

Tel: XXXXX XXXXXX

f Name of group Facebook title

“Ask your midwife or health visitor if you need help or advice on feeding your baby.”

Children’s Centres

They are open to all those with children from 0–5 years and can help with all aspects of infant feeding. They offer baby groups, support, advice and activities such as baby massage. Look at individual websites for more detailed information.

Name of group

Address and postcode

Tel: XXXXX XXXXXX

Name of group

Address and postcode

Tel: XXXXX XXXXXX

Name of group

Address and postcode

Tel: XXXXX XXXXXX

Name of group

Address and postcode

Tel: XXXXX XXXXXX

Name of group

Address and postcode

Tel: XXXXX XXXXXX

Name of group

Address and postcode

Tel: XXXXX XXXXXX

“The support and encouragement from others at the group really helped me to continue breastfeeding.”

“It’s invaluable being able to get tips from other new parents on infant feeding as well as being a parent – I’ve learnt so much.”

We can all feel uncomfortable joining a group when we do not know anyone there - if you are worried about going to the group, you could:

- Ask a friend, or family member to come with you
- Let the group coordinator know you are coming so they can greet you when you arrive (or speak to your midwife/health visitor/ABA helper who can do this on your behalf).