

BREASTFEEDING SUPPORT



Mole Valley Family Centre

Starting 8th January
Fridays, 10am-11.30am

If you would like some advice or support with breastfeeding then Maria Stock would love to see you on a Friday.

Please call before coming so we can keep track of numbers. **01306 740095**



Children and Family Health, Surrey

There is a lot of fantastic information and advice on the Children and Family Health website:

<https://childrenshealthsurrey.nhs.uk/services/infantfeeding>



East Surrey Hospital, SASH

Burstow Babies

Burstow Babies provides breastfeeding support for those with babies aged 1-28 days, whether they've been born at SASH, at home or at another hospital. To book an appointment, please email the team:

sash.burstowbabies@nhs.net



NCT

If you have any questions, concerns or need support - however you're feeding your baby - you can speak to our friendly breastfeeding counsellors free of charge by calling our support line on **0300 330 0700**. The line is open every day from 8am to midnight, including bank holidays.



NCT Breastfeeding Counsellor, Anne Humphreys

Weekly zoom session, Fridays 3pm-4pm

Anne runs a weekly online drop in session, and can also offer free one to one support with feeding issues; not just breastfeeding but also mixed feeding issues via phone or zoom.

Contact via WhatsApp on 07472 795916 or her Facebook page:

www.facebook.com/dorkingbreastfeeding

Bumps and Babies, Tuesday 10.30am-12pm

A weekly session, which Anne attends to give face to face support and advice. Places must be booked in advance via the website:

<https://bookhambaptistchurch.org.uk>



Start4Life Breastfeeding Friend

Start4Life has been developed by Public Health England, the Government's national public health agency, to help parents and parents-to-be give their children the best start in life. It provides practical tips and tools like this BreastFeeding Friend (your BFF!) chatbot, to help you look after yourself and your little ones.



All of the information it provides is NHS-approved and informed by questions asked by parents, so you can count on it.

www.facebook.com/start4lifebreastfeedingfriend