

Advice and Further Support:

For advice you can contact your Community Midwife or Health Visitor.

OUT OF HOURS:

Lagan Valley Hospital MLU

Tel: (028) 9263 3534 Maternity Unit (24hrs)

Ulster Hospital

Tel: (028) 9055 0469 / (028) 9055 0403 (24hrs)

Downe MLU

Tel: (028) 4461 6995

For urgent medical advice please contact your own GP or their out of Hours service.

Useful numbers/websites:

La Leche League helpline: 0345 120 2918,
8.00am - 11.00pm daily, (cost of a local call).

Breastfeeding Network: 0300 100 0212,
9.30am - 9.30pm daily, (calls cost no more than
calls to UK numbers starting with 01 and 02, and
will be part of any inclusive minutes that apply to
your provider and call package).

<http://www.setrust.hscni.net/healthyliving/2457.htm>

www.lalecheleague.org

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/breastfeeding-positioning-attachment.aspx>

www.breastfeedingnetwork.org.uk

<http://www.nct.org.uk/parenting/breastfeeding-common-concerns-and-questions>

www.babyfriendly.org.uk

www.abm.me.uk

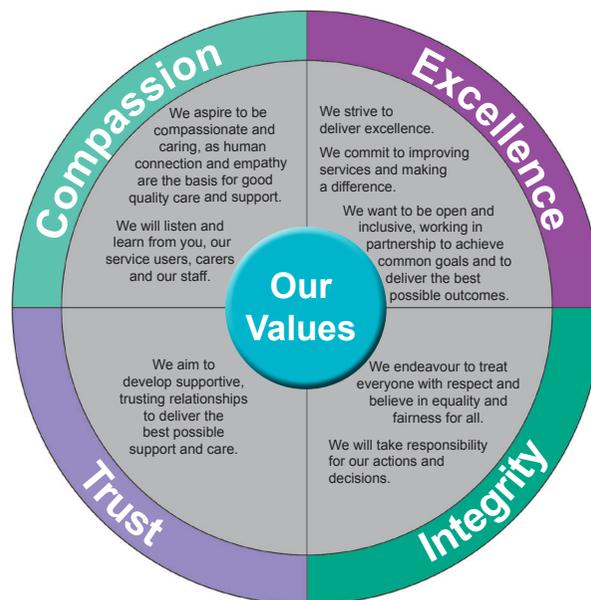
www.breastfeeding.co.uk

www.breastfedbabies.org

www.publichealth.hscni.net

OUR VALUES: Compassion, Excellence, Trust and Integrity

Values are the guiding principles which shape our behaviour and influence everything we do.



For further information on how the Trust processes personal data please visit:

www.setrust.hscni.net/about/DataProtection.htm

 South Eastern Health and Social Care Trust

 Health Development Department

 Volunteer Services
South Eastern Health and Social Care Trust

 Public Health Agency
Project supported by the PHA

Designed by Communications Department



BreastFeeding Friends

Offering Peer Support to Breastfeeding Mums

 South Eastern Health and Social Care Trust

Breastfeeding Peer Support Service



Breastfeeding: Off To A Good Start

- During pregnancy find out why breastfeeding is important and how you can get it off to a good start. Discuss with your Midwife and / or Health Visitor
- Check out the resource page on the South Eastern HSC Trust website at www.setrust.hscni.net click on Healthy Living and choose Breastfeeding from the drop down menu
- After birth check that your baby is well positioned and attached and ask for assistance if necessary. The global health video (positioning and attachment) on the above link is a great resource for this.
- Speak to a volunteer peer support mother who will be there to support you. If you would like to, speak to a Breastfeeding Peer Support mother before your baby is born.

For most women it can take a bit of time before you feel confident with breastfeeding. You and your baby need time to practice while you're both learning. It can be a big help if you have someone who knows about breastfeeding and babies so that you can ask any questions you might have. This is when being able to contact another mother who has been there can make a real difference.

Breastfeeding Peer Support: What is it?

Breastfeeding Peer Support is mother to mother support given by women who have breastfed (or are still breastfeeding) and would like to support other mothers in their breastfeeding journey.

Peer Supporters will aim to promote, protect and sustain breastfeeding within their local area. They will provide factual, evidence based information and provide support as a compliment to care given by Health Professionals.

These mothers are volunteers. They are registered with the South Eastern HSC Trust Volunteer Service and have completed a peer support training course about breastfeeding, how it works, and how to recognise and overcome potential barriers to successful breastfeeding.

They are friendly and enthusiastic about supporting other breastfeeding mothers and want to help you breastfeed for as long as you desire.

Peer Supporters are not trained to identify or treat medical conditions in either you or your baby.

How will the support be provided?



The Service is for all mothers who live in the South Eastern HSC Trust area.

You will be asked by your midwife, before you leave the hospital, if you would like to receive contact from a Peer Supporter. If you consent to this your details will be shared with the Coordinator who will contact you. If you are happy to proceed the Coordinator will pass your details, (name, telephone number and DOB), on to a Peer Supporter. NB. You can withdraw your consent at this stage if you decide not to proceed.

The volunteer will then make contact with you via text / phone call and will keep in touch with you as long as you need her. She can also arrange to meet you at one of our breastfeeding support groups.

Because they have breastfed, Peer Supporters can share practical tips and information and, if needed, can tell you how to contact a health professional.

If you decline this service but change your mind at any stage please speak to your Community Midwife or Health Visitor.