

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:



QR Code for Feeding You
Baby Resource page

<https://setrust.hscni.net/healthy-living/feeding-your-baby/>

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).

www.breastfeedingnetwork.org.uk

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

National Childbirth Trust helpline: 03003
300 700 (option 1) 8.00am - 12.00noon every
day including Bank Holidays. (calls cost the same
as any local call. If you have free inclusive minutes on
a landline or mobile it'll be included in those).

www.nct.org.uk

www.unicef.org.uk/babyfriendly/


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 <https://setrust.hscni.net/healthy-living/feeding-your-baby/>
- 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 can, attend a breastfeeding support group 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.

Our Breastfeeding Peer Support Link Worker (PSLW) will either see you on the postnatal ward in the Ulster Hospital Maternity Unit or she will phone you after discharge home from the unit. If you have your baby in the Midwife Led unit in Lagan Valley or Downpatrick she will contact you via phone. The PSLW will explain what the service offers and ask if you would like to be put in contact with a Breastfeeding Peer Supporter. If you have your baby in another Trust they will be able to make a referral to our PSLW through their link worker.

If you consent to using the service the PSLW will pass your details (name telephone number and your baby's DOB) on to one of our local Breastfeeding Peer Supporters.

NB: You can withdraw your consent at any 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.

Because they have breastfed, Peer Supporters can share practical tips and information or signpost you for other support if necessary.

If you initially decline this service but change your mind at any stage please contact the Breastfeeding PSLW directly on 07855 169 707.