

Useful Telephone Numbers

National Breastfeeding Helpline

9.30am to 9.30pm

0300 100 0212

National Childbirth Trust (NCT)

8.00am to Midnight

0300 330 0700

La Leche League Helpline

8.00am to 11.00pm

0345 120 2918

Association of Breastfeeding Mothers

9.30am to 10.30pm

0300 330 5453

Useful Websites

www.nhsgrampian.org/breastfeeding

Local information from:

'Breastfeed Grampian' on Facebook

First Steps Nutrition

www.firststepsnutrition.org

Parent Club Scotland

All about feeding your baby

- with information and videos

www.parentclub.scot

Best Beginnings

Videos and information

www.bestbeginnings.org.uk/

[**from-bump-to-breastfeeding**](http://www.bestbeginnings.org.uk/)

UNICEF Baby Friendly

Information, research and videos

www.unicef.org.uk/babyfriendly

Baby Sleep Information Source

www.basisonline.org

Breastfeeding Friendly Scotland

Across Scotland infant feeding is protected by the Breastfeeding etc (Scotland) Act 2005 and the Equality Act 2010. These acts allow infant feeding in all public spaces that a child is entitled to be. You cannot be asked to stop feeding, move or leave the premises.



Look out for this sticker when you are out.

This means that the premises have signed up to the new national Breastfeeding Friendly Scheme and fully support your choice of feeding. If you want to know more visit:

nhsgrampian.org/bfws.

You can also encourage businesses to sign up by asking them to register at:

gram.bffscotland@nhs.scot

For more information:

Find us on  'Breastfeed Grampian'

This publication is also available in other formats and languages on request. Please call Health Information Resources Service on 01224 558504 or email gram.resources@nhs.scot Ask for publication MVC 220497 (Version 6).



Breastfeeding Your support in Grampian

We know it can take a bit of time for both mum and baby to learn how to breastfeed.

We are here to support you.



Midwife, Health Visitor and Family Nurse

Contact your midwife, health visitor or family nurse if you need assistance with feeding.

When in hospital, all midwifery and health care support workers will offer support with breastfeeding, including a feeding assessment before you go home.

Specialist Support

If you require additional help and support your community midwife or health visitor will assess your lactation and breastfeeding. They will plan care with/or refer you to see your local infant feeding specialists.

Neonatal Unit Aberdeen

If your baby is in the Neonatal Unit, the nurses caring for your baby will be able to assess your lactation and breastfeeding and plan your care with, or refer you to, the Neonatal Infant Feeding Advisors for additional support.

We have breast pumps on the unit for expressing at the incubator/cot side and also breast pump hire if needed for home use while your baby is an in-patient. We also have a dedicated Expressing Room.

Breastpump Hire

Across Grampian, pump hire may be arranged following a breastfeeding assessment with your community midwife/health visitor. Please contact your midwife, health visitor or family nurse for further support.

www.medela.co.uk

0161 776 0400

www.ardobreastpumps.co.uk

01823 336 362

Breastfeeding Peer Support Service

Who is it for?

- Pregnant women who are thinking about breastfeeding and want to know more.
- Breastfeeding mums who are establishing breastfeeding.
- Breastfeeding mums who would like support and information to meet their personal breastfeeding goals.
- Family and friends looking to support their friend/relative with breastfeeding.

How does it work?

- All Breastfeeding women will be made aware of the Peer Support Service.
- You can meet or talk to a peer supporter before or after your baby arrives.
- To contact the Peer Support service, email: gram.breastfeedingsupport@nhs.scot

What do Peer Supporters do?

- We offer mums support in community venues or at your local breastfeeding group.
- We offer non-judgemental, personal, confidential, information and practical help with breastfeeding.
- The support we provide is in addition to and complements the care you receive from NHS Grampian Health Professionals.

Who are the Peer Supporters?

- We are trained NHS volunteers living across Grampian who have experience of breastfeeding.
- We provide a confidential service.
- All volunteers hold a current Protecting

Vulnerable Groups (PVG) membership and have been trained to support breast feeding families.

You can seek additional breastfeeding information from a number of sources:

Breastfeeding Groups

Breastfeeding groups are a fantastic source of support for new mums. You can have a chat with other breastfeeding mothers and get used to breastfeeding outside of your own home.

Most groups have a breastfeeding peer supporter who can help and support you with breastfeeding. To find a group close to you, visit: www.nhsgrampian.org/breastfeeding or www.parentclub.scot (search for breastfeeding support).



Scan the QR code to view a map listing all breastfeeding support groups within Grampian

There will be regular updates of the groups running on the **Breastfeed Grampian** page on facebook.

For more information about the support available across Grampian visit www.nhsgrampian.org/your-health/healthy-living/breastfeeding

