

Linaker Street Children's Centre
Tuesday 1-2pm
Linaker Street, Southport
Tel: 01704 532343

Parenting 2000 Children's Centre
Friday 12-1pm
Morningside Road, Southport
01704 380047

Bishop David Sheppard Children's Centre
Monday 12:30-2:30pm
Devonshire Road, Southport
01704 227987

BREASTSTART

Breast Start is a local peer support scheme working in partnership with NHS organisations within the hospitals and community. The vast majority of our workers are mums who have breastfed their own children and want to support other women to have a positive breastfeeding experience. All our staff have undergone specialist training and have a genuine interest in breastfeeding. Many of our volunteers and paid workers are mums who were originally supported by our scheme.

If you or someone you know may be interested in volunteering in the future, please give us a call on 0151 291 8024 or 07961 253 042.

Useful Information & Contacts

Breast Milk– It's Amazing!
www.amazingbreastmilk.nhs.uk

NHS Breastfeeding Support
0300 100 0212
www.breastfeeding.nhs.uk

Association of Breastfeeding mothers
0207 8131 481

Breastfeeding Network
0870 900 8787

La Leche League
0845 120 2918

The Feelgood Factory
0151 291 8010
www.feelgoodfactory.org.uk

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Breastfeeding Support in Sefton

For information, advice and support please call
0151 291 8024



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Registered No. 3614799



Before your baby arrives

There are many important decisions to make whilst you are pregnant and deciding how to feed your baby is one of them. We can provide you with information and discuss infant feeding with you to help you make an informed decision. We will contact you, usually by phone, after your 20 week scan* to arrange the most convenient time and place to meet with you. This could be at home or a local Children's Centre.

Parentcraft sessions provide the opportunity for you to meet with other expectant parents in an informal setting e.g. Children's Centres. These sessions help you find out more about your pregnancy, labour and what to expect after your baby is born.

Breastfeeding Workshops

In addition, we can offer workshops which provide an opportunity for you to meet with other parents to talk about breastfeeding in more detail. These sessions provide practical information and tips on:-

- What to expect in the early days of feeding your baby
- How to hold your baby to feed successfully
- How breastfeeding works
- Other information to help you feel more confident in the early days

We will provide you with details of the workshop that is most convenient for you.



After your baby arrives

Depending on when you have your baby, you may see us in the hospital. Along with your Midwife we are able to offer you one to one support to help you get your breastfeeding off to a really good start..

We aim to contact you within 48 hours of Discharge.* The hospital should provide you with our telephone number in case you need us before then. Even if you feel everything is going well, we are there to provide you with encouragement and reassurance.

We can provide ongoing support whilst you are breastfeeding and have experience in supporting families with :-

- Feeding a premature baby
- Feeding twins
- Expressing breast milk
- Maintaining breastfeeding whilst returning to work

Occasionally problems do occur but these are usually avoidable with early and effective support .



*Information Sharing

We have information sharing agreements with your local NHS to ensure that all mothers have an opportunity to benefit from our service. The only data provided is contact information and estimated date of delivery and will not be passed on to any third party.



Breastfeeding Groups

These groups are an ideal way to meet other mums who are breastfeeding and share your experiences. They are mainly social groups but our volunteers are on hand to ensure any issues are passed promptly to our support workers.

May Logan
Monday 1—3pm
Knowsley Road, Bootle
Tel: 0151 922 8588
(Midwife present)

Netherton Childrens Centre
Friday 9:30-11am
0151 282 1405

Waterloo Children's Centre
Monday 9.30—11.30am
Crosby Road North, Waterloo
0151 928 6539
(Midwife present)

Hudson Children's Centre
Thursday 11—1pm
Moorhey Road, Maghull
0151 531 0117

Freshfield Children's Centre
Tuesday 10.30-12pm
Friday 10.30-11.30
Watchyard Lane, Formby
01704 876567