



LET'S NURTURE TOGETHER

# ONE FEED AT A TIME

While you and your baby are learning to breastfeed, you may find your nipples or breasts become painful.

This can often be quickly and easily resolved by adjusting the positioning and attachment at the breast. Please reach out for support with this.

We're here to support you,  
because you need nurturing too.

 [torbayfamilyhub.org.uk/topic/one-feed-at-a-time-campaign](https://torbayfamilyhub.org.uk/topic/one-feed-at-a-time-campaign)

 0300 333 5352



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It is normal for them to feed little and often in the first six weeks.

If you are worried, please reach out for support.

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Breastfeeding may be challenging,  
especially without support.

Torbay has specialist feeding  
support services to help you as  
little or as much as you need.

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# ONE FEED. AT A TIME

You have every right to  
breastfeed out and about  
wherever you are.

Torbay supports you to feed  
comfortably and confidently,  
anywhere that you would like.

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because you need nurturing too.

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