

Infant Feeding Support

Helping you to feed your way for as long as you want.

What's available locally for you and your baby?

LET'S NURTURE TOGETHER

ONE FEED
AT A TIME

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

torbayfamilyhub.org.uk/topic/one-feed-at-a-time-campaign

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Infant feeding support

We provide a **weekly drop-in** Baby Feeding Group for families to connect, discuss feeding questions/ challenges with support workers and breastfeeding peer supporters regarding breast or bottle feeding and starting solids. No booking required, just drop in. Details are here: torbayfamilyhub.org.uk/activities-and-groups.

Trained peer supporters with lived experience in family hub and community groups. **Contact us on 01803 210200** if your community group would like more information about peer support.

We also offer weekly **one to one clinic appointments** across Torquay, Paignton and Brixham to offer specialist infant feeding support with our lactation consultant trained Health Visitors.

You can also access online support and information through our infant feeding social media pages 'NHS Infant Feeding Torbay' or phone our **Infant Feeding helpline 07500 952216**.

Contact your **midwife** or **health visitor** if you need help or support with feeding your baby or want a referral to a lactation consultant.

Baby groups

Please see details here of local groups offered on the **Torbay Family Hub website**



We can all feel uncomfortable joining a group when we do not know anyone there – if you are worried about going to the group, you could:

- Ask a friend or family member to go with you
- Let the group leader know you are coming so they can greet you when you arrive (or speak to your midwife/ health visitor/ peer supporter who can do this on your behalf)

Online feeding information

Start4Life

Trusted NHS help and advice during pregnancy, birth and parenthood: nhs.uk/start4life

NHS Choices

Information about breast and bottle feeding can be found on the NHS Choices website at:

nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding

Torbay Family Hub website

Information, advice, helpful videos and more on infant feeding.

National phone helplines

National Breastfeeding

Helpline: **0300 100 021**

nationalbreastfeedinghelpline.org.uk

The Breastfeeding Network

Supporter line: **0300 100 0212**

breastfeedingnetwork.org.uk

Drugs in Breastmilk Helpline:

email to: **druginformation@breastfeedingnetwork.org.uk**

The Association of Breastfeeding Mothers

Breastfeeding Helpline: **0300 330 5453**

abm.me.uk

La Leche League Breastfeeding Helpline:

0845 120 2918 / laleche.org.uk

NCT feeding helpline

Breastfeeding Helpline: **0300 330 0771**

nct.org.uk

Social media pages:



facebook.com/nhsinfantfeedingtorbay



instagram.com/nhsinfantfeedingtorbay



facebook.com/0to19Torbay



instagram.com/0to19torbay