



Where to find breastfeeding support

We want to help every parent in Nottingham get the right support so that they can achieve their breastfeeding goals – whether that's trying breastfeeding once, or breastfeeding for many months. There is lots of free support available to help you feed your baby.



Who you can speak to

Your Midwife

Your midwife can give breastfeeding support while you are pregnant and after your baby is born. They can help you with a breastfeeding plan and help you find extra support.

Your Children's Public Health 0-19 Nursing Service

Nutrition Peer Support Workers and Health Visitors provide free one-to-one breastfeeding peer support and community breastfeeding groups in Nottingham. They can give breastfeeding support over the phone, video or face-to-face depending on your need.

Call between 8:30am and 5pm weekdays.

Bulwell – 0115 8833450
Bestwood/Southglade – 0115 8831290
Aspley/Strelley – 0115 8833355
Hyson Green/Radford – 0115 8838229

Sherwood – 0115 8831400
St Ann's/Sneinton – 0115 8838620
Wollaton – 0115 8833130
Clifton/Meadows – 0115 8836320

NUH antenatal classes

Parent Education Midwives run antenatal workshops for parents-to-be in Nottingham. They cover infant feeding.

www.nuh.nhs.uk/parent-and-antenatal-classes

The National Breastfeeding Helpline

Available 9.30am–9.30pm, 7 days a week.

Call **0300 100 0212**

SSBC Family Mentors

If your child is under 1, you can sign up for a SSBC Family Mentor. They are trained peer supporters for families living in Aspley, Bulwell, St Ann's, and Hyson Green & Arboretum

www.smallstepsbigchanges.org.uk/family-mentors

La Leche League

The Nottingham branch of La Leche League has local breastfeeding peer supporters who are trained to give breastfeeding support at every age and stage.

www.laleche.org.uk

NHS

The NHS website has lots of guidance about what to expect in the first few days of breastfeeding, and beyond.

Visit: www.nhs.uk and search for 'Breastfeeding'.

Association of Breastfeeding Mothers

A range of support for breastfeeding parents, partners, family and friends.

www.abm.me.uk

For more information and useful support visit: feedyourway.co.uk



Making Nottingham a **breastfeeding-friendly** city.



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