



Welcome to our Breastfeeding Group

Information for patients
Health Visiting/Family Nurse teams



**Breastfeeding
Friendly
Scotland**



**Healthier
Scotland**
Scottish
Government

CONGRATULATIONS ON THE BIRTH OF YOUR NEW BABY

We would like to invite you to come along to your local Breastfeeding Group. The group is to support mothers who are breastfeeding, or pregnant woman who want to find out about breastfeeding.

This aim of this group is to offer a warm, welcoming and safe environment where pregnant women and breastfeeding mums can meet and support each other. You may meet a “Community Mother” at the group. They are volunteers who have breastfed their own babies and are trained to offer you support with breastfeeding.

Come along for a chat, make new friends and share experiences. You do not need to be having breastfeeding challenges to attend, as the social and emotional support is just as important.

If you do have challenges on your journey, you can get professional advice from staff who have been fully trained to support breastfeeding.

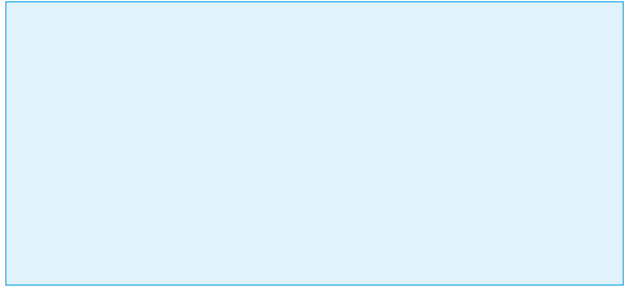
We hope you enjoy coming along to the group and want you to have fun with your baby.

Our aim is to support you to meet your own breastfeeding goals. The group is very informal, so please feel free to ask questions.

Safety is very important. You must make sure your own child/ children are safe and supervised at all times.

Confidentiality – please remember that any information shared in the group is confidential. Please do not discuss or share this information with other people outside the group.

The group meets:



For more information, please contact your Health Visiting team or Family Nurse.

CONTACT DETAILS

Contact your health visitor or family nurse in the first instance for any advice or support.

University Hospital Wishaw,

Infant Feeding Team 7 days per week 9.30 am- 5pm

01698 366710

Out of hours; for urgent breastfeeding advice **01698 361100** ask for page 139 or breastfeeding support.

Breastfeeding Network (9.30am to 9.30pm, 7 days per week):

0300 100 0210 www.breastfeedingnetwork.org.uk

Princess Royal Maternity (Ask for Post Natal Ward - 24hours):

0141 211 5400

Parent Club **<https://www.parentclub.scot/topics/feeding/breastfeeding/breastfeeding-support>**

First Steps Nutrition **<https://www.firststepsnutrition.org/>**

Facebook @ NHS Lanarkshire Mums & Babies-

breastfeeding support **<https://www.facebook.com/groups/297075294589627>**

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NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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