When breastfeeding, every feed counts...

Mum’s milk is perfect, unique and made especially for your baby’s growing needs. Giving your milk to your baby makes a big difference to your baby’s health, as well as your own.

Breasted babies have:
★ Fewer chest and ear infections.
★ Less chance of developing eczema.
★ Less chance of diarrhoea / vomiting and fewer hospital visits as a result.

Breastfeeding is good for mums as it:
★ Lowers your risk of getting breast and ovarian cancer.
★ Supports the loving bond between you and your baby.

The longer you give your baby your milk, the more they will benefit. Exclusive breastfeeding is recommended for the first six months of your baby’s life. After that, giving your baby breast milk alongside other foods will help them continue to grow and develop.

Some new mums find the early days of breastfeeding difficult as it can take a little while to get the hang of it. It really helps to get someone to show you how to hold and feed your baby.

If you have any questions about feeding your baby or want to know more about breastfeeding, you can visit one of the many breastfeeding groups in the area where you and your family can:
★ Get more information about the benefits of breastfeeding and how to do it.

★ Get the help you need to get started and continue feeding your baby.
★ Meet other parents and parents-to-be, and share experiences or concerns.
★ Speak to trained staff who are on hand to answer questions and reassure.

We aim to provide a friendly environment, where you can feel comfortable feeding your baby. Mums, mums-to-be, dads and grandparents are welcome at any session.

Information and support
Contact your own midwife, health visitor or staff at your local Children’s Centre.

The Nottingham City Baby Feeding Team
0115 8834 900

National Breastfeeding Helpline
0300 100 0212 — 9:30am to 9:30pm
nationalbreastfeedinghelpline.org.uk

Association of Breastfeeding Mothers
abm.me.uk

La Leche League GB
la-leche.org.uk

National Childbirth Trust
0300 3300 771 — 8am to midnight, 7 days
nct.org.uk

The Breastfeeding Network
0300 100 0210
breastfeedingnetwork.org.uk

Breastfed: Be A Star
Breastfeeding women aged 16-25
bea-star.org.uk

Breast Pump Hire
Medela UK
0161 7760400
Ardo Medical Ltd
01823 336362
Central Medical Supply
01538 399541

Delivered by Nottingham CityCare Partnership on behalf of Nottingham City Council
Breastfeeding groups in Nottingham City

Breastfeeding Friendly businesses and venues in Nottingham City can be viewed at: http://www.nottinghamcitycare.nhs.uk/find-a-service/health-and-wellbeing (Sep 2016) 'Like us on Facebook at @citycarebabyfeeding'.

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Aspley</td>
<td>Aspley Children’s Centre Minver Crescent NG8 5PJ Tuesday 10am-11.30am 0115 8833355</td>
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<tr>
<td></td>
<td>Infant Feeding Café The Wellbeing Room D Floor, East Block Queen’s Medical Centre NG7 2UH Monday, 10am-12pm 07827083815</td>
</tr>
<tr>
<td>Bulwell</td>
<td>Bulwell Riverside Youth and Play Main Street NG6 8QJ Thursday, 10.30am-12.00pm 0115 8833400</td>
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<tr>
<td></td>
<td>Infant Feeding Café Parent Education Room 1st Floor City Hospital Maternity Unit NG5 1PB Thursday, 2pm-4pm 07827083815</td>
</tr>
<tr>
<td>Clifton</td>
<td>Clifton Young People’s Centre Green Lane NG11 9AY Wednesday, 9.30am-11.30am 0115 9405298</td>
</tr>
<tr>
<td>Hyson Green</td>
<td>Health Education Room, Mary Potter Centre Gregory Boulevard NG7 5HY Thursday, 1.30pm-3pm 0115 8838229</td>
</tr>
<tr>
<td>Sneinton</td>
<td>Sneinton Health Centre Beaumont Street NG2 4PJ Every Wednesday except the 1st of the month 0115 8838602</td>
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<tr>
<td></td>
<td>MCO Centre Beaumont Street NG2 4PJ Third Monday of month, Midday 0115 8834900</td>
</tr>
<tr>
<td>Radford</td>
<td>Radford Health Centre Ilkeston Road NG7 3GW Monday, 1pm-2pm 0115 9420360</td>
</tr>
<tr>
<td>Southglade</td>
<td>Southglade Access Centre Southglade Road NG5 5GU Friday, 10am-11.30am 0115 8761890</td>
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<tr>
<td>Sherwood</td>
<td>Sherwood and Edward’s Lane Children’s Centre Perry Road NG5 3AE Thursday, 1pm-3pm 0115 9153801</td>
</tr>
<tr>
<td>Wollaton</td>
<td>Wollaton Vale Health Centre NG8 2GR Friday, 9.30am-11am 0115 8833100</td>
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