

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.

Breastfed 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
laleche.org.uk

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

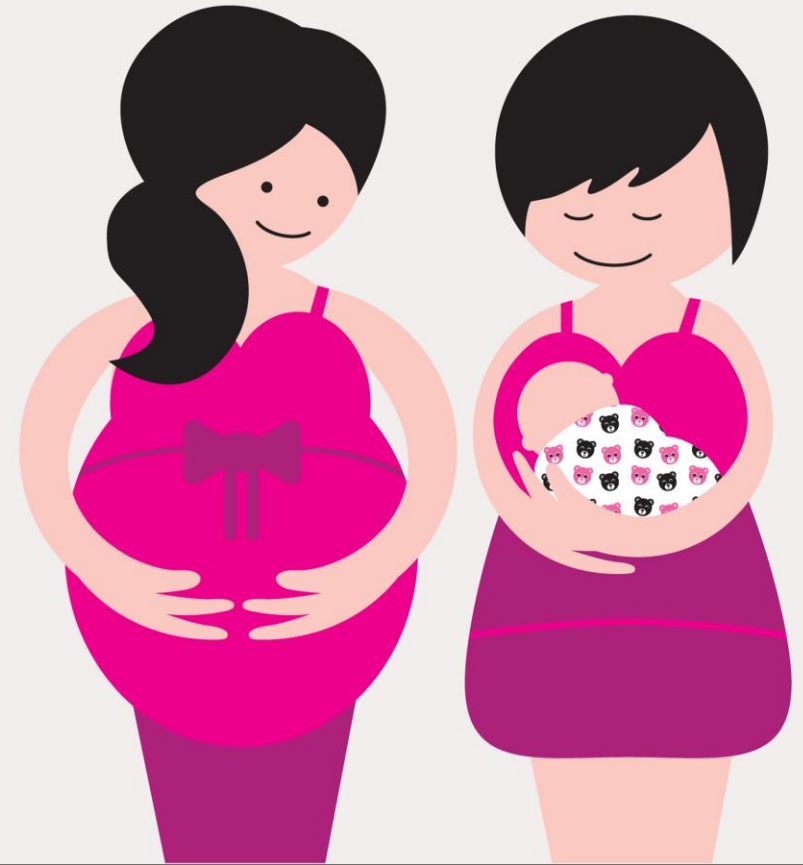
The Breastfeeding Network
0300 100 0210
breastfeedingnetwork.org.uk

Breastfeed: Be A Star
Breastfeeding women aged 16-25
beastar.org.uk

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

Breastfeeding in Nottingham City

A guide to breastfeeding groups and services



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'.

Aspley

Aspley Children's Centre
Minver Crescent
NG8 5PJ
Tuesday 10am-11.30am
0115 8833355

Infant Feeding Café

The Wellbeing Room
D Floor, East Block
Queen's Medical Centre
NG7 2UH
Monday, 10am-12pm
07827083815

Sneinton

Sneinton Health Centre
Beaumont Street
NG2 4PJ
Every Wednesday except the 1st
of the month
0115 8838602

Sneinton

MCO Centre
Beaumont Street
NG2 4PJ
Third Monday of month,
Midday
0115 8834900

Bulwell

Bulwell Riverside Youth and Play
Main Street
NG6 8QJ
Thursday, 10.30am-12.00pm
0115 8833400

Infant Feeding Café

Parent Education Room
1st Floor City Hospital
Maternity Unit
NG5 1PB
Thursday, 2pm-4pm
07827083815

Radford

Radford Health Centre
Ilkeston Road
NG7 3GW
Monday, 1pm-2pm
0115 9420360

Southglade

Southglade Access Centre
Southglade Road
NG5 5GU
Friday, 10am-11.30am
0115 8761890

Clifton

Clifton Young People's Centre
Green Lane
NG11 9AY
Wednesday, 9.30am-11.30am
0115 9405298

Sherwood

Sherwood and Edward's Lane
Children's Centre
Perry Road
NG5 3AE
Thursday, 1pm-3pm
0115 9153801

Wollaton

Wollaton Vale Health Centre
NG8 2GR
Friday, 9.30am-11am
0115 8833100

Hyson Green

Health Education Room,
Mary Potter Centre
Gregory Boulevard
NG7 5HY
Thursday, 1.30pm-3pm
0115 8838229

Nottingham City Baby Feeding Team 0115 8834 900

National Breastfeeding Helpline 0300 100 0212



Delivered by Nottingham CityCare Partnership
on behalf of Nottingham City Council



Nottingham
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