



Breastfeeding

Part of everyday life

Help and support for breastfeeding your baby

Off to the best start...

Breastfeeding your baby gives your child the best possible start in life and has many benefits for both mothers and babies.

As well as the help and guidance available from your midwife and health visitor, there is also a network of local mums who volunteer their time to support other mothers with breastfeeding. These mums are known as peer supporters and they have all breastfed their babies as well as receiving special training. They use experience and knowledge to provide help to new mothers and mums-to-be.

If you are pregnant and want information about feeding your baby, if you need support or information or if you would just like to meet up with other breastfeeding mothers, you can drop in to your local support group or contact a peer supporter living near you.

Contact details for all groups are listed opposite - or you can ring our Patient Advice and Liaison Service (PALS) on 01484 466172 or 466214 to find your nearest peer supporter.



Breastfeeding support group/information

Where	When	Contact
Batley Baby Café, Staincliffe and Healey Children's Centre, Chestnut Avenue, Staincliffe	Thursdays 11.30 - 1.30pm	<ul style="list-style-type: none">• The Baby Café on 01924 326920• Una Crozier - Breastfeeding Champion Health Visitor on 01924 351573 or• Caroline Booth - Infant Feeding Specialist on 07887 993561.
Huddersfield The Baby Café, Woodhouse Children's Centre, Chestnut Street, Deighton	Mondays 1 - 3pm	<ul style="list-style-type: none">• The Baby Café on 01484 234234• Infant Feeding Specialists/advisors: Claire Fox and Anita Holroyd. Contact HRI switchboard 01484 342000.
Mirfield Breastfeeding Supporters Group, St Mary's Church Hall, Church Lane	Every 2 nd and 4 th Monday 10 - 11.30am	<ul style="list-style-type: none">• 01924 509290.

General information

National Breastfeeding Helpline

0844 20 909 20

National Childbirth Trust

0870 444 8708

La Leche League

0845 120 2918

Breastfeeding Network

0870 900 8787

Association of Breastfeeding Mothers

08444 122 949

Websites for further information

www.babyfriendly.org.uk

www.nctpregnancyandbabycare.com

www.laleche.org.uk

www.breastfeedingnetwork.org.uk

www.abm.me.uk

www.multiplebirths.org.uk

www.bravadodesigns.com

www.expressyourselfmums.co.uk

www.ambermums.co.uk

www.netmums.com

Other sources of help and advice

If you need any help or advice on breastfeeding you can also contact:

Your health visitor

Your midwife.....

Maternity Unit, Huddersfield Royal Infirmary
Tel: 01484 342443, ward 14, 24 hour support

Maternity Unit, Dewsbury and District Hospital
Tel: 01924 816002, ward 2, 24 hour support

Patient Advice and Liaison Service (PALS)

Contact PALS for more information on how to get in touch with a breastfeeding supporter in your area on 01484 466172 or 01484 466214.

