

Lambeth Baby

Feeding Service

If you live in Lambeth our Baby Feeding Service can help you with feeding your baby at any stage, whether you are breast, mixed or bottle feeding. You are more than welcome to come and see us during your pregnancy.

You will be contacted by the Lambeth breastfeeding peer support service run by the Breastfeeding Network shortly after your baby is born. Breastfeeding peer supporters are specially trained to support you with feeding. They will talk to you about how breastfeeding is going, and offer initial support by phone. They will also tell you about the breastfeeding support groups in Lambeth and those nearest to your home.

If you have any further questions about feeding your baby, you will be able to ring the peer support service and they will help you. 07394724599 9:30am-2:30pm Monday-Wednesday and from 9am-2pm on Thursday and Friday.

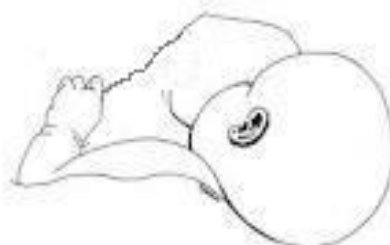
Breastfeeding Support Groups

These groups are led by Health Visitors and Peer Supporters and held in children's centres. The thought of getting yourself and baby to a group can seem overwhelming, but you will find a warm welcome and plenty of support to help you feed your baby, the earlier you access help the easier it will be. It's also a great way to meet other local parents. Partners are very welcome.

These groups are a drop in service-you do not need an appointment.

Specialist Breastfeeding Support Groups

If necessary you will be referred to one of our community breastfeeding midwives, who will invite you to attend one of their breastfeeding support groups. These groups will often have peer supporters present as well.



Please see the next pages for breastfeeding support groups and the back page for telephone and further support.

How do I know my baby is feeding well?

These are the **three reliable** ways for you to know your baby is getting enough breastmilk:

Suckling effectively at the breast, starting feeds with rapid sucks and slowing into rhythmic suckling with pauses. You may even hear swallowing. You should not have sore nipples.

Urine & stool output will give you an idea of what is going in. There should always be at least 2 dirty nappies & the **number of wet nappies = number of days old your baby is** (e.g. 3 wet nappies on day 3). By day 6 there should be **6 wet nappies** and at least **2 poos** (yellow/orange and at least the size of £2 coins) every 24 hours. At around 6 weeks the poos may become less frequent.

Weight gain is a reliable sign that your baby is getting enough breastmilk. It is normal for babies to lose some weight in the first days but then they should start to gain weight.



Please be aware that our groups are held in venues used by other community groups, we therefore need to vacate the room promptly. Please attend at least half an hour before the group ends. You will need to bring your baby's Red Book so that other carers can see any feeding plans we make.

**Timetable of Breastfeeding support groups, all run
10.00-12.00 (from 29/10/18)**

Monday

Henry Fawcett Children's Centre, Clayton Street, SE11 5BZ

Tuesday

Liz Atkinson Children's Centre, Mostyn Rd, SW9 6PH

Wednesday

Streatham Hub Children's Centre, 388 Streatham High Rd, SW16 6HX

Friday

Kingswood Children's Centre, Benton's Lane, SE27 9UD

Please check our Facebook or webpages (details on back page) for up to date information about opening times and emergency closures, especially during school holidays.

**Specialist
Support
available by
referral
throughout
the week**

Phone /Internet support & Information

Infant feeding web pages- www.gstt.nhs.uk/breastfeeding to download information such as our Pregnancy and Life with your Baby folder, and up to date information about our breastfeeding groups.

Facebook page Lambeth breastfeeding groups, for up-to-date information about our groups including holiday closures.

Twitter: @lambethmilkspot

National Breastfeeding Helpline 0300 100 0212
(9.30am – 9.30pm)

Association of Breastfeeding Mothers 0844 412 2949
Email www.abm.me.uk

Breastfeeding Network 0300 100 0210 (9.30am – 9.30pm)
www.breastfeedingnetwork.org.uk

La Leche League 0345 1202918 (8.00am-11.00pm)
www.laleche.org.uk

National Childbirth Trust (NCT) 0300 330 0700 (8.00am –
Midnight) www.nct.org.uk

Breastfeeding Network drugs in breastmilk information
druginformation@breastfeedingnetwork.org.uk or

Facebook Page The breastfeeding Network Drugs in Breastmilk
information service

Baby buddy App takes you through life with your baby, using
interactive information and films

Breast Start App- lists local groups and breast feeding friendly
venues,

as well as information on breastfeeding and infant sleep.

Breast Pump Hire/Buy

- Direct from the manufacturer Ardo, Medela & Ameda
or
- www.expressyourselfmums.co.uk

Human Milk Bank, Neonatal Unit - Donors Urgently Required

- St Thomas' Hospital: Email MilkBank@gstt.nhs.uk or ring
neonatal unit on **020 7188 884**