Essential Guide to Breastfeeding in Bristol

NATIONAL BREASTFEEDING HELPLINE
0300 100 0212
Available 9:30am - 9:30pm everyday
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How we help mothers to breastfeed successfully

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Support & Information

National Breastfeeding Helpline
Helpline: 0300 100 0212

National Childbirth Trust (NCT)
Helpline: 0300 330 0700
www.nct.org.uk

Association of Breastfeeding Mothers
Helpline: 0300 100 0212
www.abm.me.uk

The Breastfeeding Network (BfN)
Helpline: 0300 100 0210
- 9.30am - 9.30pm
www.breastfeedingnetwork.org.uk

La Leche League (UK)
Helpline: 0845 120 2918
www.laleche.org.uk

Also worth a look...
www.babyfriendly.org.uk
www.breastfeeding.co.uk
info.babymilkaction.org
www.kellymom.com
www.breastfeedingmanifesto.org.uk

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Disclaimer: Real Baby Milk CIC accepts no responsibility for the content of websites other than www.realbabymilk.org
Breastfeeding is a skill that you and your baby will learn together
We’re all trained to help you - please ask

When you are pregnant we will:
• Offer you a chance to discuss feeding your baby including the benefits of breastfeeding.
• Explain how skin contact with your baby at birth, can be helpful.
• Explain how breastfeeding works, including how baby-led feeding ensures a good milk supply and a contented baby.
• Explain how your baby will breastfeed and attaches to your breast
• Be around to help you at the start.
• We will offer to show you how and why learning the skill of hand expressing your milk can be helpful for later.
• Give you information about the possible problems which using teats and dummies can cause for breastfeeding.

After your baby is born we will:
• Support you with your feeding - whatever method you choose.
• Explain why keeping your baby close can help you both to get to know each other and learn about feeding.
• Help you to learn the signs that your baby is hungry by noticing the feeding cues that your baby makes.
• Help you to learn the skills of positioning and attaching your baby for successful breastfeeding.
• Help you to get comfortable for breastfeeding so that your baby is able to take your breast. This is so that feeding is comfortable for you and your baby and so that baby is able to take as much milk as he needs.

Please go to the following website to see the full breastfeeding policy: www.bristol.gov.uk/sites/default/files/documents/health_and_adult_care/health/Breastfeeding%20Policy.pdf

Extra help and support in Bristol:
There’s lots of help available-see pages 20-23
We are a ‘Baby Friendly City’ which means that all midwifery and health visiting team members and some children’s centre staff are trained to help you with breastfeeding, meeting UNICEF UK Baby Friendly Initiative best practice standards
Why is breastfeeding important?

Breastfeeding is the normal way to feed a baby and your baby’s good health and development depend on breastmilk. The World Health Organisation recommends exclusive breastfeeding for about the first six months and continued breastfeeding alongside other foods for at least the first year. This will give your baby the best start in life. However, any amount of your breastmilk will always be good for your baby’s health and wellbeing.

Remember A B C D:

Breastfeeding protects against:
- **Asthma**
- **Breast cancer**
- **Coughs and colds**
- **Diabetes**

Breastfeeding also helps protect your baby from:
- Severe diarrhoea and vomiting
- Chest infections
- Eczema
- Sudden Infant Death Syndrome (cot death)
- Ear infections
- Obesity

Breastfeeding also helps protect you from:
- Ovarian cancer
- Osteoporosis (weak bones later in life)
- Obesity (helps you lose weight)

Vitamin D

The Dept of Health recommends that all pregnant women take a suitable vitamin supplement, and you may be eligible for free vitamins and help with the cost of food. Ask your midwife or health visitor about the Healthy Start scheme.”

Bottle feeding

If you decide not to breastfeed your baby, it is very important that you are given information about preparing and feeding formula milk as safely as possible. Please discuss this with a member of your midwifery or health visiting team who can provide you with the correct information and a leaflet to support this. Remember you can always change your mind!

You can also download information about bottle feeding from www.nhs.uk
Skin to skin contact

Keeping your baby close day and night helps get feeding off to a good start as it helps you to get to know your baby and respond to their feeding cues.

Skin to skin contact is important for ALL babies because it:

• Keeps baby warm
• Calms baby’s heartbeat
• Reduces mum’s and baby’s stress levels
• Regulates baby’s breathing
• Helps with baby’s first feed
Breastfeeding Positions

Cross Cradle Hold

Useful when you are just learning

1. Support your baby’s shoulders with the palm of your hand, making sure her head is free to tilt back.
2. You can press on her shoulders to swiftly bring her into the breast.
3. Your forearm can tuck the rest of your baby’s body.

“It took me a bit of practice, but we got better and better at it and now it’s easy. She just snuggles into my tummy and away we go!”

Helen

Underarm Hold

Useful if you have had a caesarean

1. Hold your baby on a pillow, just under breast height, turned slightly towards you.
2. Hold your baby very close to your side, with her feet and legs free to move.
3. Support your baby’s neck in the same way as in the cross cradle hold – so her head is free to tilt back.
Lying Down Hold

Useful if you have:

✓ Painful stitches or piles
✓ A Caesarean section.
✓ Helpful if you are tired and need to feed and rest

Make sure it is safe for your baby if you were to fall asleep while feeding, see page 12

1. Lie on your side with your head on a pillow and your shoulders on the mattress.
2. Bend your legs slightly but not enough for the baby’s legs to touch your thighs.
3. Your baby should be on his side facing towards you with his nose opposite your nipple
4. Bring your baby to the breast by supporting his shoulders with the fingertips of your lower hand.

Cradle Hold

The position most mums use instinctively

✓ Useful for older babies

Your hand needs to be supporting your baby’s shoulders and make sure he is free to tilt his head back out over your wrist.

“\textbf{I love using the cradle hold so that you can cuddle up, they don’t stay cuddly for long - make the most of it!}”

\textbf{Aiesha}

The "Laid Back" Approach

Useful if you have:

✓ Had a caesarean section
✓ Had difficulties with feeding

1. Lean back and get comfortable
2. Place your baby on your body, allow her to find your breast and latch
3. This may take some time, skin to skin can help
4. You may need to support your baby and/or your breast
5. See www.biologicalnuturing.com for more information
How will I know when my baby needs to be fed?

Feeding cues:
- Hands to mouth
- Turning head
- Licking lips
- Mouthing
- Squeaking noises
- Light fussing
- Rooting (moving mouth and head as if looking for a feed)

Then how do I know if my baby is attached well to my breast?

- Your baby should have a large mouthful of breast
- Your baby’s chin should be pressed into your breast
- Your baby’s cheeks should be full and round
- If any areola is visible, there should be more above the top lip than below the bottom lip
- Your baby’s suckling pattern should change from rapid sucks to slow rhythmic suckling, and swallowing may be heard.
- Your baby may pause from time to time, and will start suckling again without coming off or having to reattach.
- Your baby should be relaxed and contented throughout the feed and should come off your breast on his own when he is finished.
- Your nipple should look round, not pinched at the end of a feed.
- The feed should be pain-free, although the first few sucks may feel quite strong (for 10-20 seconds).

“If you are not sure, don’t hesitate to ask for help. I found it a bit difficult at the beginning, but now feeding is completely comfortable. I love watching my baby feeding - I can almost see her growing!”

Mary, mum of Fiona
Good Attachment

Good attachment really is the key to successful breastfeeding.

Use this guide to get it right from the start, but if you find you are still struggling - ask for help!

Remember ‘CHIN’:

Close – hold your baby close to you, facing your breast

Head free - your baby’s head must be free to tilt backwards as he is brought into the breast

Inline – your baby’s head, neck and body all need to be in a straight line

Nose to nipple – your baby’s nose should be opposite your nipple just before you feed

1. Your baby should face your breast with his nose opposite your nipple, allowing him to tilt his head back so that the nipple is aimed at the roof of his mouth.

2. When your baby gapes wide open, press on the back of his shoulders to bring him in quickly.

3. Chin and tongue leading, head tilted back, your nipple should go back into the roof of his mouth as he is brought towards your breast.

4. Attachment shouldn’t be painful, your baby should keep suckling and let go on his own at the end of the feed. Your nipple should look the same shape as before the feed.

National Breastfeeding Helpline: 0300 100 0212
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Making milk
What happens when?

At birth – Colostrum ‘nature’s vaccine’

- Colostrum is the thick yellow/orange ‘first milk’.
- It contains precious antibodies to protect your baby from infections.
- It helps your baby to clear its bowel of sticky meconium poo.
- Colostrum comes in very small amounts just right for your newborn baby.
- The amount he takes will gradually increase over the first few days.

Day 2 / 3 – Helping your milk to ‘come in’

- Your baby may appear very hungry and feeds often.
- This sends signals to your breasts to make more milk.
- As long as your baby is fed when he wants and for as long as he wants, your body will make the right amount of milk.

Day 3 / 4 – Milk ‘coming in’

- Your milk will start to ‘come in’ and breasts may feel heavier.
- You may feel emotional, this is often called ‘baby blues’.
- This is normal and begins to settle down within 24-48 hours.
- If you continue to feed your baby whenever he asks, for as long as he wants, your body will know how much is needed.
- Be kind to yourself, rest and accept offers of help with some daily tasks in the first few weeks.

Day 5 – Weight loss?

- Most babies lose some weight in the first few days.
- Your midwife will weigh your baby and support you with your breastfeeding.
- Continue to feed your baby when she demands it (or asks for it or shows feeding cues), at least 8 times in every 24hrs and including at least once at night, so your breasts make plenty of milk.
- Your baby should regain any weight he has lost by 2 weeks of age.

Growth spurts

- Over the first few months many babies have periods of a day or two where they seem to want lots of feeds.
- This is normal and is the baby’s way of telling your body that he is growing and needs more milk to be made.
- Some mums worry that they are not making enough milk and may be tempted to give formula.
- Giving formula will interfere with the ‘supply and demand’ process, reducing breastmilk supply.
- If you continue to follow your baby’s feeding cues, breastfeeding as often and for as long as she requires, you will make the right amount of milk to satisfy her changing needs.

Cluster Feeds

- Cluster feeds occur when babies wish to feed frequently and it can be difficult for mothers to tell when one feed ends and another feed begins.
- It is very common during the evening in the first few weeks after birth.
- This is normal young baby behaviour. It is not a sign of poor milk supply.
- Extra support can help you cope during this time.

Top tip: You could try carrying your baby in a sling
Baby’s Nappies - what’s normal?

Here are the colours your baby’s poo will go through:

**Day 1-2: The meconium nappies.**
- Your baby’s first poos (stools) will be black/dark green/brown and very sticky.
- Your baby should also be having at least 2 wees a day.

**Days 3-4: Wetter nappies and greener poos**
- The poo will be a greener/brown colour, known as a “changing stool”.
- It is a sign that your baby is taking in more milk and digesting it.
- Your baby should have at least 2 poos a day at this stage.
- Your baby should also produce 3 or more wees a day, wet nappies will feel heavier.

**Days 5-6: Yellow poos**
- All babies of this age should be having at least 2 yellow, soft/runny poos, each the size of a £2 coin, per day.
- Many babies will poo far more than this and it is a good sign that your baby is getting plenty of breastmilk.
- Your baby should also be having at least 6 heavy wet nappies per day.

**Older breastfed baby “mustard” poos**
- As your baby gets older the poos become yellower, sometimes described as resembling mustard.
- They should stay soft/runny and may look “seedy” which is normal.
- Until your baby is at least 4 weeks old you should continue to see at least 2 poos a day as described above.
- After this, some exclusively breastfed babies may go several days between poos, this is normal as long as the baby is feeding well, gaining weight and producing at least 6 heavy wet nappies a day.

**Top tip:** It is sometimes difficult to tell how wet a disposable nappy is due to it feeling dry. A wet disposable nappy generally feels heavier than when it is new and if you are really unsure try pouring three tablespoons of water into a new nappy to see what difference it makes.

“I was amazed there was so much poo! But I knew it meant he was getting lots of milk and growing beautifully”

realbabymilk.org  facebook.com/bristolbreastfeeding
Caring for your baby at night

Young babies need feeding and attention at night. Breastfeeding at night helps you make plenty of milk.

Reducing the risk of cot death:
• Your baby should sleep in a cot/crib in your room for the first 6 months
• Lay your baby on his back
• Do not let your baby get too hot
• Keep your baby’s head uncovered
• Place your baby with his feet at the foot of the cot

Do not share a bed with your baby if:
• You or your partner smoke
• You or your partner have been drinking alcohol or taken drugs that make you sleepy
• Your baby was born pre-term or very small
• You are extremely tired
• You or your partner is very overweight
• You have a sagging mattress
• Pets or older children are sharing your bed
• Your baby is bottle fed

NEVER FALL ASLEEP WITH YOUR BABY IN A SOFA OR ARMCHAIR

If you decide to share a bed with your baby for some or all of the night:
• Sleep on a firm mattress
• Keep your baby away from the pillows
• Use your baby’s own blankets
• Make sure your baby can’t become trapped between the bed and wall
• Make sure that the bed covers can’t over your baby’s head
• Make sure that your baby can’t become tangled in blind or dressing gown cords

See the link below for some tips on how you and your partner can cope with night time and reduce the risk of sudden infant death:
www.unicef.org.uk/Documents/BabyFriendly/Leaflets/caringatnightweb.pdf
Baby & the family
There are lots of ways for family members to help care for and become close to your baby

Skin to Skin
This is a very calming, soothing way to be close to your baby and a great way to build your special relationship. Also an excellent way to calm an unsettled baby.

Talking to your baby
Babies as young as a few hours old love to see a friendly, smiling face. They also copy and mimic your facial expressions such as sticking out your tongue and cooing. Talking to your baby helps stimulate their face muscles and encourages speech development.

Changing baby’s nappy
This is a chance to get down to baby level and have some eye contact with baby, and of course, you’ll see just how much breastmilk baby must be getting!

Relaxing with siblings
Just letting your older children relax with the new baby helps siblings bond and enjoy each others’ company.

Bath Time
Most babies love bath time and it can be a good opportunity to make eye contact and to have fun with baby. It also helps to build confidence in handling baby.
Hand Expressing

Why express milk by hand?
• Helps baby to attach to the breast if you are full
• Prevents or relieves fullness
• Helps to clear blocked ducts
• Useful for expressing colostrum [first milk]
• It’s free-no equipment needed

Storing expressed breastmilk
Breast milk can be stored at:
• Room temperature for up to 6 hours
• At the back of the fridge for 5 days [4 degrees or lower]
• In the freezer at -18°C for up to 6 months
If your baby was born pre-term or is ill-check with your hospital for guidance

1. Roll your nipple between your finger and thumb to make it stand out. Make a C-shape with your thumb and either your index or middle finger, and cup your breast.

Feeling back from the end of the nipple to where the breast tissue feels different, about 2-3 cm from the nipple, as shown in Fig.1. You may feel a change in the breast tissue at this point, sometimes it feels ‘knobbly’, sometimes slightly firmer. You are now touching the skin above the dense, milk-making tissue. This is where you should place your finger and thumb to express your breastmilk.

2. Holding your finger and thumb in this C-shape, press back towards your rib cage, as in Fig.2.

This brings your finger and thumb back into the dense, milk-making tissue, away from the ducts near the nipple.

3. Bring your finger and thumb together, so that they press into the milk-making tissue, and milk will begin to appear in droplets, as shown in Fig.3.

Use a sterile cup or bowl to collect it, and try to build up a rhythm. Try not to slide your fingers over the skin, as this will hurt and it will be more difficult to express milk. When the flow slows down, move your finger and thumb around the breast or express from the other side, and you can keep changing breasts until the milk slows or stops.

Link to Best Beginnings to watch a demonstration: http://www.bestbeginnings.org.uk/expressing-and-returning-to-work/a4b9f50a-8c5d-4d04-b20f-608b17117667
How do I make lots of milk?

• Feed your baby for as long as she wants and as often as she wants
  • 8-12 times a day and at night
  • Get positioning and attachment just right
  • A poorly attached baby will not receive enough milk and you may become sore
  • Breastfeeding must be comfortable for both of you

How do I know my baby is getting enough milk?

• Your baby has plenty of wet and dirty nappies  
  [see page 11]
  • You can hear your baby gulping and swallowing the milk
  • Your breasts feel full before and softer after a feed
  • Your baby is usually settled and content between feeds
  • Your baby will gain weight

How do I feed with very full breasts?

• Hand express some milk to soften the breast a little  
  [see page 14]
  • Try a different position  [see page 6/7]
  • Feed your baby when she is hungry
  • Wake your baby to feed if your breasts feel very full

How do I prevent sore nipples?

• Good positioning and attachment
  • Ask a midwife, health visitor or breastfeeding supporter to watch your baby feed

What should I do if I have sore or cracked nipples?

• Seek help from your midwife, health visitor, breastfeeding supporter or local breastfeeding support group  [see page 21-22 for list of local groups]
  • It’s a sign that your baby needs to attach to your breast differently  [check the signs on page 9]

How do I prevent blocked ducts and mastitis?

• Good positioning and attachment and ‘baby-led’ feeding
  • Feed your baby whenever she’s hungry
  • Wear a well-fitting bra
  • Wake your baby to feed if you are feeling very full

How do I know if I have mastitis?

• A hot tender red area on one breast
  • You may have aching, a raised temperature and ‘flu-like’ symptoms

What should I do if I have mastitis?

• Keep feeding your baby as often as possible especially on the affected breast
  • Try a different position e.g. the underarm position  [see page 6]
  • Contact your midwife or health visitor for support
  • Hand expressing, gentle massage and warm flannels can help to make your breast more comfy
  • You may need to visit your GP for antibiotics, you can also take Paracetamol for pain and Ibuprofen for the inflammation-ask your GP or pharmacist.

For video clips and information on breastfeeding and some of the challenges go to

www.nhs.uk/Conditions/pregnancy-and-baby/Pages/breastfeeding-problems.aspx#Help
Special Circumstances
Premature Babies

Ask your NICU nurse about breastfeeding your premature or ill baby

Premature or sick babies

• If your baby is born prematurely, breast milk will help to fight infection and mature your baby’s tummy.
• Breast milk is easier for their stomachs to digest than infant formula.
• It also contains hormones and growth factors that help your baby grow and become stronger.
• Ask your NICU nurse about breastfeeding your premature or ill baby
• Start expressing your milk as soon as possible after birth
• Express your milk at least 8 times in 24 hours and once at night
• Your milk will be given to your baby as soon as possible
• You could try ‘kangaroo’ care [see below]

For more information on premature babies, go to www.bliss.org.uk and to see some films about caring for premature babies go to www.bestbeginnings.org.uk

Kangaroo care

• Is holding your baby in skin to skin contact with just a hat & a nappy on
• You can do this for your baby/ies as soon as they are stable-ask your nurse to help you
• It helps with breastfeeding and keeps your baby calm and relaxed
• It’s a lovely way to get to start getting to know each other
• Mums and Dads can give it
Breastfeeding twins, triplets or more

• You may want to attend an antenatal group for parents expecting twins or more
• You may find it helpful to talk to other mothers of twins or more who have breastfed for some tips
• Do ask the midwives for support with positioning and attaching your baby/ies to the breast
• Make sure you have everything in reach before you start feeding
• An underarm position [see below] can be helpful
• Feeding your babies together can save time, but some mothers prefer to feed one at a time
• For more information on breastfeeding twins go to www.tamba.org.uk
When should I think about introducing solid food?

• At around 6 months your baby will be ready to start some solid food
• Starting any earlier may increase the risk of allergies & infections
• Starting solids at 6 months means that foods with iron and zinc, meat, chicken, fish and vegetables can be given and these give extra energy for growing

How do I know when my baby is ready to try some solid food?

At around six months -
• She can sit strongly with little or no support
• She can reach out, grab things and bring them to her mouth.
• She wants to chew and is practising!

How should I begin?

• Start at any time of the day that suits you both.
• Make sure that your baby is wide awake and not too hungry
• Eat together as a family if you can—it’s a great time to be social
• Let your baby explore the different tastes and textures
• Have fun! This stage is all about experimentation.

What foods should I give to start with?

• Try spoon feeding your baby with mashed foods, e.g. banana, avocado, cooked apple or pear.
• Try some soft finger foods such as steamed broccoli, carrot sticks or melon.

How long should I keep breastfeeding my baby?

• Breast milk still plays an important role in your baby’s diet
• Keep breastfeeding for as long as you want
• Gradually your baby will take more food and less milk
• The Department of Health recommends a year and beyond
• The World Health organization recommends two years and beyond

How do I know when my baby is ready for more solid foods?

• Let your baby’s appetite guide you
• Keep offering new foods from all the 4 food groups

To meet your baby’s nutritional needs offer a range of foods from the following four food groups over the day:

<table>
<thead>
<tr>
<th>1) Potatoes, cereals, bread, rice, couscous, pasta</th>
<th>2) Fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>3) Milk products e.g. yoghurt, cheese, milk puddings</td>
<td>4) Meat, fish, hard boiled eggs, pulses</td>
</tr>
</tbody>
</table>

Where can I find more information and help?

• Ask your health visitor for tips on getting started
• Have a look at the leaflet ‘Feeding your Baby 6-12 months’
• Ask your health visitor/Children’s Centre if they run any one to one or group sessions on starting solids
• Check out the Bristol Maternal and Child Nutrition Guidelines

www.bristol.gov.uk/page/health-and-adult-care/breastfeeding-bristol
Returning to work or study

With some forward planning many mothers continue to breastfeed successfully when they return to work or study. Talk to your health visitor who will be able to support you with this.

“I really enjoyed those precious moments of breastfeeding my daughter when I got home from work. Those times of closeness made it easier to cope with being separated from her during the day”

Getting ready to return

• Once your milk supply is established, start building up a supply of milk and store it in your freezer
• You can use a pump or hand express your milk
• Chat with your employer about flexible working
• For further information go to http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/5/breastfeedingandwork.pdf
• Closer to the time, you may want to try your baby with a bottle. Some mothers have found that getting someone else to give the bottle and having something close by that smells of you milk may help the baby accept it
• Some babies can transfer to a free flowing feeding cup from 5-6 months of age instead of taking a bottle
• It’s possible to combine breast and formula milk

Tips for expressing milk at work

• Ask your employer for a private, warm, clean room
• Have something that reminds you of the baby close at hand [e.g. photo or muslin]
• Express your milk as often as your baby would feed at home
• Ask your employer to provide a fridge to store your breast milk
• You could take a cool bag with ice packs to store the milk below 5 degrees if a fridge is not available

For further information go to http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/5/breastfeedingandwork.pdf
Breastfeeding Support in Bristol

We are a 'Baby Friendly City' which means that all midwifery and health visiting team members and some children's centre staff are trained to help you with breastfeeding, meeting UNICEF UK Baby Friendly Initiative best practice standards.

**Midwifery support**
St Michael's Hospital 0117 3425214 (available 24 hours)
Southmead Hospital 0117 9595305 (available 24 hours)

**Breastfeeding Specialist midwives**
St Michael's Hospital 0117 3425164
Southmead Hospital 0117 3233527

**Health visiting support**
Your health visitor will give you a contact number when she first visits you and someone is usually available during office hours.

**Children's Centre support**
Many Children's Centres host breastfeeding support groups.

**Support from your GP**
If you have any medical concerns, please contact your local GP who will be able to help.

**Health Links**
Support and information for mothers who do not speak English - 0117 902 7115 or 07900 264435

**Online information & support**
www.bristol.gov.uk/page/health-and-adult-care/breastfeeding-bristol
www.facebook.com/bristolbreastfeeding

- New 'Breast Start' App available to iPhones from the app store and to Android phones in the google play market
- Provides breastfeeding information and helps you find local support and breastfeeding friendly premises

**Bristol and South Gloucestershire Breastfeeding Counsellors:**

- **Association of Breastfeeding Mothers**
  Georgie 0117 377 8163 - BS4
  Heidi 01275 393 266 - BS41
  Hazel Phillips 0117 9666523 - BS6

- **Independent Breastfeeding Counsellors**
  Ann 0117 9109125 - BS16

- **La Leche League [LLL]**
  Polly 0117 9148361 BS5
  Mel 01275840436/07837852729 BS20
  Toni 01934 832 633 – BS49
  Jo 01225 874 864 – BS30
  Val 01934 832 800 – BS49
  Marisa 01453 520 396 – GL12
  Catherine 01225 317 997 – BA1
  Heather 01225 424 471 – BA2
  Cathryn 07886780620 - BS9

- **National Childbirth Trust (NCT)**
  Polly 0117 9148361 BS5
  Mel 01275840436/07837852729 BS20
  Toni 01934 832 633 – BS49
  Jo 01225 874 864 – BS30
  Val 01934 832 800 – BS49
  Marisa 01453 520 396 – GL12
  Catherine 01225 317 997 – BA1
  Heather 01225 424 471 – BA2

**To hire a breast pump please contact a breastfeeding counsellor or a peer supporter**

**Milk Bank for Bristol**

Premature or sick babies benefit even more from receiving breast milk from their mums. Where this is not possible, donor breast milk from breastfeeding mums with extra to spare, can help to give them the best start in life.

If you would like to know more about donating breast milk please contact the infant feeding advisors at Southmead Hospital Marion.Copeland@nbt.nhs.uk or Cathy.Churchill@nbt.nhs.uk

**The Precious Drops Campaign**
The Precious Drops Campaign has so far raised £75,000 for the milk bank that was opened in Southmead Hospital in November 2011. We are still raising money to support the milk bank.

If you would like to know more information about this charity please go to www.preciousdropscampaign.com
Bristol Breastfeeding Peer Support Service

This Barnardos led service offers extra breastfeeding support to parents who live in:

- Whitchurch Park
- Hartcliffe
- Bishopsworth
- Lawrence Weston
- Hengrove
- Henbury
- Southmead
- Knowle West
- Stockwood
- Avonmouth

What is a peer supporter?
A mother who has breastfed her baby and has had breastfeeding training.

What do peer supporters provide?
- Support, information and help before your baby is born, including a meeting to discuss your feeding questions and concerns, with your partner/mother present if you wish.
- Support after your baby is born by phone or text
- Home visits if needed
- Free breast pump hire for mothers who are having some difficulties
- Breastfeeding support in local ‘Babes’ groups

How do I contact a peer supporter?
Ask your midwife or phone 0117 978 2441

Young Mums and Breastfeeding

- Claim your own Bristol Young Mums information pack specially designed for you
- Find out tips and info from other young Bristol mums in your magazine
- Record your baby’s first few months on a specially designed calendar
- Order your free bra
- Claim your well earned free treats as you go through the early weeks and months of breastfeeding
- Meet your local peer supporter who can help you through the first few days and weeks of breastfeeding
Support Groups in Bristol

Pregnant and breastfeeding mothers are very welcome at the groups below. If you are attending a group for the first time, you may want to check that it’s running that day by phoning the contact as details can occasionally change.

For more information on breastfeeding in Bristol please go to http://www.bristol.gov.uk/page/health-and-adult-care/breastfeeding-bristol

Bristol Babes Breastfeeding Groups:

1. **Bristol Babes @ Zion [Bedminster Down]**
   Zion Community Art Space
   Bishopsworth Rd, BS13 7JW
   Contact: Elise Dyer
   Tel: 0117 9781028
   Friday 1-3.00.
   Refreshments can be purchased
   Breastfeeding Counsellor and Peer Supporters present

2. **Bristol Babes @ Hartcliffe**
   Hartcliffe Children’s Centre,
   Hareclive Road
   Contact: Charlie Stokes
   Tel: 07920284796
   Monday 1-2.30pm
   Refreshments & creche
   Breastfeeding Counsellor & Peer Supporters present

3. **Bristol Babes @ Speedwell**
   Speedwell Nursery School and Children’s Centre
   Speedwell Rd BS5 7SY
   Contact: Vikki Poole-Smit
   Tel: 0117 9030329
   Tuesday 12.30-13.30
   Peer Supporter & Community Nursery Nurse, Family Support Worker. Refreshments

4. **Bristol Babes@ Southmead**
   Southmead Children’s Centre
   Doncaster Rd
   Contact: Sam Hillier-Smith
   Tel: 07920283713
   Tuesdays 1pm-3pm
   Peer supporters present and Breastfeeding Counsellor
   Refreshments

5. **Bristol Babes @ Whitchurch Clinic Room**
   Whitchurch Health Centre
   Armada Road
   Contact: Jennie Peacock
   Tel: 01275 547031
   Tuesdays noon-1.15pm
   Breastfeeding counsellor/ health visitor & peer supporters present.
   Refreshments
   Children welcome

6. **Bristol Babes @ Withywood**
   Four Acres Children’s Centre
   Four Acres Road
   Contact: Children’s Centre
   Tel: 0117 903 0460
   Tuesdays 1pm -2.30pm
   Breastfeeding Counsellor & Peer Supporters present
   Refreshments, Creche

7. **Bedminster Cherubs**
   Windmill Hill City Farm
   Philip Street
   Contact: Heidi Evans
   Tel: 01275 393266
   Monday 11a.m.-12.30pm
   Breastfeeding Counsellor & peer supporters present
   Refreshments
   Closed bank holidays
   & two weeks at Christmas and Easter

8. **Brentnaby & Henbury**
   Breastfeeding drop-in
   Brentnaby and Henbury Children’s Centre, Brentnaby Lane
   Contact: Sue Pereira
   Tel: 0117 9593800
   Wednesday 11.30am-1pm
   Peer supporters & children’s centre workers present
   Refreshments

9. **Clifton Breastfeeding Support Group**
   Hampton House Health Centre
   Cotham Hill
   Contact: Becca Morgan
   Telephone: 0117 330 2609
   Monday 11am-1pm
   Midwifery support worker present. Refreshments

10. **Knowle Bumps and Babes**
    Ilminster Avenue Specialist Children’s Centre, Knowle
    Contact: Donna Sanders
    Tel: 0117 903 9781
    Wednesday 1-2.30.
    All year round
    Peer Supporters, midwifery support worker and children’s centre staff present
    Refreshments

11. **Lawrence Weston group**
    The Longcross Centre
    Lawrence Weston
    Bristol, BS110LP
    Thursday 12-2
    Contact: Susannah.bannon@googglemail.com
    Tel: 07861719446
    Older children welcome
    Refreshments
    Peer supporters present
Support Groups in Bristol

12. Lockleaze The Honeysuckle café
   Stoke Park School
   Romney Avenue, Lockleaze, Bristol, BS7 9BY
   Tel: 0117 3772840
   Thursdays 10.30-12.00
   Tea, coffee & cake for small donation. Peer supporters, breastfeeding counsellor and children's centre staff present.

13. Redfield BAPS (Breastfeeding and peer support)
   St George Pre-school
   Netham House, Blackswarth Rd, Redfield, BS5 8AR
   Contact: Louise Summers
   Tel: 07511223466
   Tuesdays 1 – 2.30pm
   Term time only. Peer supporter present. Refreshments.

14. Sea Mills Breastfeeding Café
   Sea Mills Children's Centre
   West Parade, Sea Mills, BS9 2LA
   Fridays 12-1.30
   Contact Children’s Centre
   Tel 0117 3533520
   Peer supporters present
   Soft play area & garden—older children welcome. Refreshments.

15. Shirehampton Breastfeeding Cafe
   Cotswold Community centre
   Dursley Rd, Shirehampton
   Bristol BS11 9XH
   Wednesdays 12-2
   Contact: Anna Palmer
   Tel: 07876814560
   Peer supporters present
   Older children welcome
   Refreshments.

16. St Anne's BAMBI
   St Anne’s Children’s Centre
   St Anne’s Park, Lichfield Road
   Contact: Children’s Centre
   Tel: 0117 3773189
   Monday 1:30.-3:00
   Midwife and peer supporters present. Refreshments.

17. Bishopston Breastfeeding group
   Horfield Methodist Church
   Brynland Avenue
   Bishopston, Bristol, BS7 8NY
   Contact: health visitors
   Tel: 0117 9507000
   Peer Supporters present
   Refreshments

18. La Leche League
   www.bristollllblogspot.com for details of when & where the group is meeting
   Contact: Charlie
   Tel: 0117 9393028
   or
   Contact: Vicky
   Tel: 0117 9666229
   Breastfeeding counsellors at meetings.
<table>
<thead>
<tr>
<th>Support groups in South Gloucestershire</th>
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</thead>
<tbody>
<tr>
<td><strong>1. Cadbury Heath Group</strong></td>
<td><strong>2. Feeding Friends</strong></td>
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<tr>
<td>Sure Start Children's Centre</td>
<td>Downend Clinic</td>
</tr>
<tr>
<td>Parkwall Primary School</td>
<td>Buckingham Gardens</td>
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<tr>
<td>Earlstone Crescent</td>
<td>Downend</td>
</tr>
<tr>
<td>Cadbury Heath</td>
<td>BS16 5TW</td>
</tr>
<tr>
<td>BS30 8AA</td>
<td>0117 3302505</td>
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<tr>
<td>Monday 11 am - 12.30 pm</td>
<td>Monday 10.30 am - 11.30 am</td>
</tr>
<tr>
<td><strong>3. Yate Breast Friends</strong></td>
<td><strong>4. Kingswood Breastfeeding Group</strong></td>
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<tr>
<td>Sure Start Children's Centre</td>
<td>Kingswood Sure Start Centre</td>
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<tr>
<td>Cranleigh Court Road</td>
<td>The Park Community Centre</td>
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<tr>
<td>Yate</td>
<td>Hollow road</td>
</tr>
<tr>
<td>BS37 5DW</td>
<td>Kingswood</td>
</tr>
<tr>
<td>01454 855732</td>
<td>BS34 5LP</td>
</tr>
<tr>
<td>Tuesday 12.00 pm – 1.30 pm</td>
<td>01454 864144</td>
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<tr>
<td><strong>5. Staple Hill Breastfeeding Group</strong></td>
<td><strong>6. Mammaccino Kiddicare</strong></td>
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<tr>
<td>Staple Hill Children’s Centre</td>
<td>Cribbs Causeway</td>
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<tr>
<td>Staple Hill School</td>
<td>Centaurus Retail Park</td>
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<tr>
<td>Page Road</td>
<td>Cribbs Causeway</td>
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<tr>
<td>Staple Hill</td>
<td>BS34 5TS</td>
</tr>
<tr>
<td>BS16 4NE</td>
<td>Fridays 11 am – 12.30 pm</td>
</tr>
<tr>
<td>01454 862972</td>
<td><strong>7. Sweetpeas</strong></td>
</tr>
<tr>
<td>Thursday 12.30 pm – 1.30 pm</td>
<td>Thornbury Hospital Out Patients Dept</td>
</tr>
<tr>
<td><strong>8. BOBBS</strong></td>
<td>Thornbury</td>
</tr>
<tr>
<td>Baileys Court Activity Centre</td>
<td>BS35 1DN</td>
</tr>
<tr>
<td>Baileys Court Road</td>
<td>01454 415750</td>
</tr>
<tr>
<td>Bradley Stoke</td>
<td>Thursday 1.30 pm – 3.00 pm</td>
</tr>
<tr>
<td>BS32 8BH</td>
<td><strong>9. Patchway Breastfeeding Group</strong></td>
</tr>
<tr>
<td>01454 864646</td>
<td>Brooks Cafe</td>
</tr>
<tr>
<td>Thursday 10.00 am – 11.30 am</td>
<td>Coniston Community Centre</td>
</tr>
<tr>
<td><strong>Copyright Real Baby Milk 2014</strong></td>
<td>The Parade, Patchway</td>
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<tr>
<td><strong>Copyright Real Baby Milk 2014</strong></td>
<td>BS15 9TP</td>
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<tr>
<td><strong>Copyright Real Baby Milk 2014</strong></td>
<td>0117 9236878</td>
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<tr>
<td><strong>Copyright Real Baby Milk 2014</strong></td>
<td>Wednesday 12.30 pm – 1.30 pm</td>
</tr>
</tbody>
</table>
Breastfeeding support Groups in North Somerset

Support groups (no need to book):
Drop in for refreshments and a chat with other mums. A dedicated breastfeeding advisor will also be on hand to help.

Little Chicks
Long Ashton Children’s Centre, Hollis Close, Long Ashton BS41 9AZ
01275 888555
Tuesday 12noon - 2pm

Café Mamma
Portishead Children’s Centre, St Barnabas Centre, West Hill, Portishead BS20 6LN
07816 366310
Tuesday 10am - 11.30am

Baby Daze
Banwell & Winscombe Children’s Centre breastfeeding group, West Street, Banwell BS29 6DB
01934 426774
Wednesday 10.30am-12.30pm

Babes n bumps breastfeeding coffee morning
Yatton Moor Children Centre, High Street, Yatton BS49 4HJ
01934 426633
Tuesday 11am- 12.30pm

Bibs 4 Babes
Clevedon Children’s Centre, The Barn, Great Western Way, Clevedon BS21 6HG
01275 885514
Thursday 11am - 12noon

Breastfeeding Support Group
Nailsea & Backwell Children’s centre, Pound Lane, Nailsea BS48 2NP
01934 426710
Wednesday 2pm - 3.30pm

Munchkins
Milton and Old Worle Children’s Centre, Mendip Avenue, Worle BS22 6HN
01934 426618
Thursday 11.15am – 1pm

Baby Diners
For All Healthy Living Centre, Lonsdale Avenue, Weston-Super-Mare BS23 3SJ
01934 427550
Thursday 11.30 – 1

Baby Diners
Ashcombe Children’s Centre, Stepping Stone Walk, West-Super-Mare BS23 3NA
01934 426906
Monday 11.30am – 1pm

Baby Diners
Weston Central Children’s Centre, 81-83 Meadow Street, Weston-Super-Mare, BS23 1QL
01934 426794
Tuesday 12noon - 1.30pm

Little Chicks
Long Ashton Children’s Centre, Hollis Close, Long Ashton BS41 9AZ
01275 888555
Tuesday 12noon - 2pm

Café Mamma
Portishead Children’s Centre, St Barnabas Centre, West Hill, Portishead BS20 6LN
07816 366310
Tuesday 10am - 11.30am

Munchkins
Milton and Old Worle Children’s Centre, Mendip Avenue, Worle BS22 6HN
01934 426618
Thursday 11.15am – 1pm

Baby Diners
For All Healthy Living Centre, Lonsdale Avenue, Weston-Super-Mare BS23 3SJ
01934 427550
Thursday 11.30 – 1

Baby Diners
Ashcombe Children’s Centre, Stepping Stone Walk, West-Super-Mare BS23 3NA
01934 426906
Monday 11.30am – 1pm

Baby Diners
Weston Central Children’s Centre, 81-83 Meadow Street, Weston-Super-Mare, BS23 1QL
01934 426794
Tuesday 12noon - 1.30pm
Since June 2008 over 300 venues; cafes, restaurants, visitor attractions and community venues have joined the Breastfeeding Welcome scheme to support mothers to breastfeed when they are out and about with their babies in Bristol.

First Bus Bristol was welcomed to the scheme in June 2010 and became the first bus company in the country to become breastfeeding friendly.

Breastfeeding mothers are welcome to breastfeed their babies at the venues listed below:

### NORTH BRISTOL

**Avonmouth**
- Avonmouth Community Centre

**Bishopston/Horfield Gloucester Road**
- Bistro La Barrique
- Born
- Bubalu
- Café Culture
- Café Delight
- Café Grounded
- Café Pronto
- Café Ronak
- Coffee #1
- Eden Grove Methodist Church & café
- Horfield Leisure Centre
- Kookoo cafe
- Kudacan
- Bristol La Barrique
- L'Artisan
- La Ruca
- Lashings Coffee House
- Playfull Toyshop
- Relax Coffee Lounge
- Rimando’s Softplay Coffee Lounge
- Spice Route
- The Blue Lagoon Café Bar
- Tinto Lounge
- Vantage Dispensing Chemist

**Southmead**
- Badock’s Wood Café
- The Greenway Centre

**Lockleaze**
- Cookies Café
- Honeysuckle Café breastfeeding support at Boing
- The Cameron Centre

### EAST BRISTOL

**Easton**
- Café Grounded
- Easton Leisure Centre

**South Bristol**
- Badock’s Wood Café
- The Greenway Centre

**Brislington**
- Bocabar
- Sainsburies
- T-Cup

**Bedminster**
- Café Sazz
- Circles
- Cuban Ice
- Café Grounded
- Hennessy’s Coffee Lounge
- Masala
- Savannah Café Bar & Restaurant
- The Lounge
- The Tobacco Factory

### SOUTH BRISTOL

**Avonmeads**
- Mothercare

**Bristol**
- Acappella
- Banco Lounge
- Jubilee Swimming Pool
- Knowle West Health Park Cafe
- Knowle West Health Park

**Southville**
- Oasis Café
- Riverside Garden Centre Café
- Southville Deli
- Spike Island Café

**Withywood**
- The Withywood Centre

### WEST BRISTOL

**Clifton**
- Boston Tea Party
- Bristol Zoo
- Café Cosmopolitan
- Café Du Jour
- Café Gusto
- Clifton Kitchen
- Coffee #1
- Las Iguanas
- Planet Pizza
- Papadeli
- Papadeli at the RWA

**Clifton Village**
- 194° Fahrenheit
- Café Nero
- Coffee #1
- Cordial and Grace
- Primrose Café
- Rainbow Cafe
- The Village Pottery
- Tiger Tots baby / toddler group

**Redland**
- Lashings
- The Chandos Clinic
- Playful Café
- Torwood House

**Westbury Park**
- Cairns Café
- Noah’s Ark pre-school
The Bristol Breastfeeding Welcome Scheme

Henbury
Henbury Leisure Centre
Munchbox

Henleaze
The Bay Tree
Café Kondi
The Avenue

Lawrence Weston
Home Farm
Sansway House Day Nursery
Blaise Castle Museum
5 Ways Bungalow

Westbury-on-Trym
Café Mundo
THE medical

CENTRAL BRISTOL
Broadmead
Cafe Amour
Café Nero
Debenhams
Koolmami
Registry Office
St Stephen’s Café

Cabot Circus
Costa Coffee
Frankie & Benny’s
Giraffe
Koolmami
La Tasca
Patisserie Valerie

Cotham
Blue Juice
Deco Lounge
The Friary

Clifton (The Triangle)
Browns
Bristol Museum and Art Gallery
Fresh and Wild
Patisserie Valerie
Pizza Express
Rocotillos
Wagamama

Kingsdown
Kingsdown Leisure Centre

Park Street
Ask
Boston Tea Party
Bristol Guild
Café Rouge
Dizzy’s Café
Goldbrick House
Nandos
The Folk House Café
Swinky’s Sweets

Stokes Croft
Boca
Café Kino
Hooper House
Patisserie Leila
Shake Wrap & Roll
The Arts House
The Bristolian
The Canteen
The Runcible Spoon
The Social
Café Kino
Café Kuvuka

St Paul’s
St Paul’s Community Centre
St Pauls Learning and Family Centre

The Waterfront
Arnolfini
@Bristol
Blue Reef Aquarium
Bordeaux Quay
Firehouse Rotisserie
The Ferry Station
The Grain House - YHA Bristol
Las Iguanas
Riverstation Restaurant
Severnshed Restaurant
Watershed
Under the Stars
M Shed

Breastfeeding mothers are also welcome at:
• Health centres/ GP surgeries
• Child health clinics
• Children’s Centres
• Leisure Centres
• Libraries
• Swimming Pools

Breastfeeding out and about - Breastfeeding and family rooms in the Bristol area

Cribbs Causeway
John Lewis - feeding rooms [inner one for breastfeeding] / changing facilities, parents room near the café
2 feeding booths next to the food court-comfy sofas, baby changing, adult toilet

Marks & Spencer - breastfeeding room and baby changing facilities

Eastgate shopping Centre, Eastville
Mothercare - breastfeeding room with rocking chair and changing facilities

Ikea - feeding area with comfy sofa

Cabot Circus - Family rooms available with rocking chair, changing table and adult loo

The Galleries - Feeding cubicles, baby changing facilities, toddler loo

Boots stores - some stores have a breastfeeding room and will find a room for a mother to breastfeed her baby if asked

The law is on your side!
The Equality Act 2010 makes it clear that it’s against the law for a women to get less favourable treatment because she is breastfeeding when
Hints, tips and encouragement on public breastfeeding from mums

I found wearing a vest top or a belly band under another top useful for covering my mum tum!

A sling is good for holding lumps and hiding bumps!

I wore a pretty scarf to drape over me while feeding and a cardigan to shield the side. I just used to smile nicely if anyone looked at me and no one failed to smile back.

Being out with someone you know well and trust for first few times. Additional support and someone to giggle with if anything goes wrong. You can laugh about things with a friend that might seem overwhelming if you’re alone or in unsympathetic company.

Start off somewhere you feel comfortable or at a breastfeeding support group.

Definitely practice. I sat in front of a mirror, then you can see what others can see. And anyway, most people won’t even notice what you are doing.