



Becoming a Breastfeeding Peer Supporter Volunteer in Cornwall

Have you had a positive breastfeeding experience and Breastfed for at least three months?

Are you a good listener?

Do you feel that you could help other breastfeeding mothers in your local area have a positive breastfeeding experience too?

Are you able to commit to 12 months of regular volunteering in your area?

Peer Support Training Courses

The National Institute of Clinical Excellence recommends that breastfeeding peer supporters should be trained under an independently accredited training course and it is this recommendation that has led Real Baby Milk to take this step. Based on the original course as written by Lactation Consultants, Helen Shanahan and Stephanie Heard, the courses are specific to equip volunteers with the skills to provide effective mother-to-mother support within breastfeeding group settings.

If you have had a positive breastfeeding experience of at least 3 months and would like to support other breastfeeding mums our courses could be for you.

Breastfeeding Peer Support Training

This 8 week course is accredited at level 1 or level 2 and leads to an award of 3 credits, with the level 1 course particularly aimed at young mums. Successful completion of this course enables you to become an accredited peer support volunteer and a member of the Real Baby Milk Peer Support Network.

The course covers:

- The importance of breastfeeding
- How breastfeeding works
- Positioning and Attachment
- Hand expressing
- Increasing milk supply
- Supporting breastfeeding mothers
- Practical and communication skills
- Active listening skills

Tel: 01872 260429 5 Riverside House, Heron Way, Truro, TR1 2XN

Co Number 5963948/VAT No. 177934209

realbabymilk.org

facebook.com/realbabymilk



- Reflective and support session on starting as a Peer Supporter

This course is run in various locations across Cornwall and is open to all mums who have breastfed for at least 3 months and have been accepted through the Cornwall County Council recruitment process. Each course is led by an experienced trainer.

How much does the training cost?

Cornwall County Council have funded places for volunteers that can commit to 12 months regular volunteering.

How do I find out more and get involved?

Before you can be accepted onto a training course, you need gain experience of the role and to show your commitment by becoming a 'Meet-and-Greet' volunteer at your local group. These are the steps you need to take:

1. Attend your local Breastfeeding Support Group as a mother or get in touch with them to let them know you are interested in becoming a volunteer. Details about various groups across Cornwall can be found on the Real Baby Milk website: <https://realbabymilk.org/support-groups/>
2. Let Real Baby Milk know that you are interested in becoming a volunteer by completing the expression of interest form on this page: <http://realbabymilk.org/breastfeeding-support-cornwall/>
3. Contact your Children's Centre to let them know that you would like to become a volunteer. You will be required to:
 - a. Attend an induction meeting and complete the Children's Centre application
 - b. Complete a DBS check
 - c. Complete a Safeguarding Awareness Course
4. Stay in touch with Real Baby Milk to let them know your progress by emailing anna@realbabymilk.org. We can signpost and support you through the application process.



5. Start volunteering as a 'Meet-and-Greet' volunteer at your local group.
6. Once you have completed all of the above steps and gained some experience as a 'Meet-and-Greeter', and a place becomes available on a training course, we will be in touch with an offer of a place.

If you have any questions or require further support contact Anna at Real Baby Milk on 01872 260429 or email anna@realbabymilk.org.