

Breastfeeding help and support

1-to-1 support for breastfeeding

Midwives, health visitors and trained local volunteer mothers (peer supporters and peer counsellors) are there to help get breastfeeding off to a good start. They can give lots of information and support.

Contact details for support services are in a baby's personal child health record (PCHR), known as their "red book".

Breastfeeding drop-ins, cafes and centres (face to face or virtual)

To find out what's available:

- talk to a midwife, health visitor or GP
- contact the National Breastfeeding Helpline on 0300 100 0212 (9.30am to 9.30pm, daily)
- contact a local Sure Start Children's Centre or Family Information Service, as these often have lists of local breastfeeding groups and activities
- On the NHS website you can find links for local groups
<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/help-and-support/>

Breastfeeding helplines and websites

Helplines

- **National Breastfeeding Helpline 0300 100 0212** (9.30am- 9.30pm) also in Welsh and Polish
- Association of Breastfeeding Mothers 0300 330 5453
- La Leche League 0345 120 2918
- National Childbirth Trust (NCT) 0300 330 0700
- The Breastfeeding Network supporter line in Bengali and Sylheti: 0300 456 2421

Websites

Association Breastfeeding Mothers <https://abm.me.uk/>

Breastfeeding Network <https://www.breastfeedingnetwork.org.uk>

- For information on medicines that you can take when breastfeeding see www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk
- and on their facebook page <https://www.facebook.com/BfNDrugsinBreastmilkinformation>

La Leche League <https://www.laleche.org.uk/>

Lactation Consultants of Great Britain <https://lcgb.org/>

Twins Trust (for multiple births) <https://twinstrust.org/>

National Childbirth Trust (NCT) <https://www.nct.org.uk/>

Unicef Baby Friendly <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/>

Got a breastfeeding question?

Sign in to Facebook, or use Amazon Alexa or Google Home to access the NHS chatbot for advice anytime, day or night.

<https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-help-and-support/>