CONFIDENT PARENTS ARE HAPPY PARENTS!

FREE INFANT FEEDING SUPPORT IN EALING’S CHILDREN’S CENTRES
W3 W5 W7 W13 UB1 UB5 UB6 NW10

Dear Mums and Partners, you have the right to make informed choices about infant feeding. Whatever you choose for your baby, we will support you.

Page 2 ............................................................ FREE ANTENATAL CLASSES
Breastfeeding Class
Understanding Newborn Behaviour Class

Page 3 ............................................................ USEFUL TELEPHONE NUMBERS
Telephone support with any feeding method

Pages 4 and 5 ................................................. GROUPS (just drop in)
Meet other mums and babies in our weekly infant feeding groups and get information and support no matter how your baby is fed – ANTENATAL MUMS ARE VERY WELCOME!

Page 6 ............................................................ CHECK THAT YOUR BABY IS DRINKING
Ask our trained staff to watch your baby breastfeed and check that s/he is drinking well (and refer you to infant feeding specialists if necessary)

Page 6 ............................................................ SLING LIBRARY
Practise using slings/borrow slings so that you can settle baby and keep baby close no matter how baby is fed – qualified advisor

Pages 7 and 8 ............................................... ONE TO ONE INFANT FEEDING CLINIC
One to one appointment with an infant feeding specialist about any kind of feeding issue – breastfeeding/bottlefeeding/introducing family foods

For information about feeding your baby, text 07718 114 882

London North West Healthcare NHS Trust
July - August 2017
Calling all partners and mums!

FREE antenatal CLASSES
IN EALING CHILDREN’S CENTRES!

ALL PARENTS WELCOME NO MATTER
WHERE YOU ARE BOOKED TO DELIVER😊

These classes contain essential information about
overcoming possible challenges in the early days

Breastfeeding - for antenatal parents

Get information about:
- How responsive feeding allows your baby to build milk
- How to position your baby so you can feed comfortably
- How to know your baby is getting enough milk
- Where to get support

Understanding new baby - for antenatal parents

Get information:
- About normal newborn behaviour
- About newborn sleep
- About how babies communicate
- About why it is impossible to spoil a baby

TO BOOK ONE CLASS OR BOTH CLASSES,
Please text your name, postcode, baby’s due date,
FEED or BABY or BOTH to 07718 114 882

For information about feeding your baby, text 07718 114 882

London North West Healthcare
NHS

July - August 2017
TELEPHONE SUPPORT for concerns with any feeding method:

Southall and West Ealing breastfeeding telephone line 0203 313 7993
Early Start (health visiting) team – for all babies at any age

Northolt and Greenford Early Start (health visiting team)
Duty Line: 0203 313 7519 - for all babies at any age

Acton and Central Ealing Early Start (health visiting team)
Duty Line: 0208 383 8748 - for all babies at any age

Caroline Neale infant feeding specialist/lactation consultant Ealing children’s centres 07718 114 882 call/text/voicemail – for all babies at any age

National Breastfeeding Helpline: 0300 100 0212 9:30am–9:30pm every day

NCT Breastfeeding Helpline: 0300 330 0771 8am–Midnight every day

Association of Breastfeeding Mothers Helpline: 0844 412 2949 9:30am–10:30pm

La Leche League: 0345 120 2918 24-hour Helpline

Tamba Helpline: 0800 138 0509 10am–1pm and 7pm–10pm
Help and advice for parents of twins, triplets and more

Bliss Helpline: 0500 618140 National charity for special care babies and their families
Meet other mums at our infant feeding groups – get information and support about feeding and early parenting

get free support from: OUR FEEDING SUPPORTERS, INFANT FEEDING GROUPS, ANTENATAL CLASSES!
get details from your local children’s centre!

I want to learn about safe sleeping
How do I know my baby gets enough milk?

I want to understand my baby’s behaviour

I want to meet other breastfeeding mums

I want to learn how to breastfeed comfortably

I want to meet other bottle feeding mums

I want to discuss introducing family foods and how to do it safely

I want to bottlefeed safely and be sure baby doesn’t take too much

I want to learn how my baby communicates so I can give him what he needs

I want to know how I can make enough milk for my baby

I want someone to watch me feed my baby

I want to learn how to settle my baby without a bottle

For information about feeding your baby, text 07718 114 882

London North West Healthcare NHS Trust

July - August 2017
INFANT FEEDING GROUPS IN W3, UB5, UB1 AND W5
All mums welcome no matter how baby is fed

Get information and support from trained advisors with breastfeeding -bottlefeeding - family foods around 6 months - drinks for babies after 1 year
Meet other mums and ask any questions

**Mondays** 13.00 to 14.30 – Infant Feeding group – DROP-IN SESSION with play leader – meet other mums and get information and support no matter how baby is fed – all mums welcome – babies any age South Acton Children’s Centre W3 8RX
Antenatal mums welcome Call 0208 992 0724

**Tuesday** 10 till 12 – Infant Feeding group – DROP-IN SESSION with Early Start (health visiting) team - meet other mums and get information and support no matter how baby is fed – all mums welcome – babies any age Jubilee Gardens Medical Centre, Jubilee Gardens, Southall UB1 2TJ Antenatal mums welcome
Call 02033 137 993

**Tuesday** 13.00 till 15.00 – Infant Feeding group – DROP-IN SESSION with play leaders and Early Start (health visiting) team - meet other mums and get information and support no matter how baby is fed – all mums welcome – babies any age Islip Manor Children’s centre, Eastcote Lane, Northolt UB5 5RG Antenatal mums welcome
Call 020 8845 0601

**Tuesday** 13.30 till 15.00 – NCT Bumps to Babies group – DROP-IN session with NCT volunteers - The Grosvenor, 127 Oaklands Road, Hanwell W7 2DT all welcome including non-NCT members bumpsandbabies.ealing@nct.org.uk

**Wednesday** 13.00 to 16.00 – Infant Feeding group – DROP-IN SESSION with lactation consultant - meet other mums and get information/support no matter how baby is fed – all mums welcome – babies any age Grange Children’s Centre W5 4HN in alleyway off Church Place near South Ealing tube -Car park opposite Crystal Clean Laundry - Antenatal mums welcome Call 020 8567 1135

**Wednesday** 13.30 to 15.30 - Acton Bumps and Babies 216 High St, Acton W3 9NX near Morrison’s car park entrance through black gates Drop-in session with NCT Breastfeeding counsellor - All welcome including non-NCT members Call 07887 534607

*Please note that there will be NO Acton Bumps and Babies in August – last session will be Wed 26th July - sessions will start again Wed 6th September*

For information about feeding your baby, text 07718 114 882

London North West Healthcare NHS Trust
July - August 2017
CHECK THAT YOUR BABY IS DRINKING
Drop in to see our trained feeding supporters – ask them to watch you
breastfeed and help you position your baby comfortably –
PLEASE TELEPHONE FIRST

Mondays and every week day 9 till 14.00 – one to one infant feeding support
with children’s centre staff West Twyford Children’s Centre  NW10 7DN
PLEASE TELEPHONE CENTRE FIRST  0208 961 4974

Mondays and every week day 10 till 5pm infant feeding support available with
children’s centre staff during children’s centre opening hours Northolt Park Children’s Centre
UB5 4DB PLEASE TELEPHONE CENTRE FIRST 0208 864 7614

Mondays and every week day 10 till 15.00 drop in for infant feeding support
with children’s centre staff  Southall Park Children’s Centre off Green Drive UB1 3AZ
PLEASE TELEPHONE CENTRE FIRST 0208 813 8275

Wednesday  10 to 11 Drop in for infant feeding support with children’s centre staff
during Baby Hour  South Acton children’s centre  W3 8RX  Call 0208 992 0724

2nd and 4th Thursday 10.30 till 11.30 – Drop in for infant feeding support with volunteer
peer supporter during Relax With Your Baby sessions  Hathaway Gardens Children’s Centre
W13 0DH  Call 020 8998 8903

1st and 3rd Friday 10 to 11.30 – Drop in for infant feeding support with volunteer
peer supporter during 0-24 months stay and play session  North Ealing Children’s Centre,
Summerfield Road, Pitshanger  W5 1ND  Call 0208 997 2653 option 3

SLING LIBRARY WITH QUALIFIED ADVISOR
drop-in 1 till 2.45 pm every other Wednesday at Grange children’s
centre  W5 4HN  Practise/borrow slings, learn how to settle your baby
and feel close to your baby!

5th July and 19th July
2nd August and 16th August
30th of August and 13th September
27th September and 11th October

For information about feeding your baby, text 07718 114 882

London North West Healthcare NHS
July - August 2017
Please contact us any time to book a one to one with an infant feeding specialist.

INFANT FEEDING SPECIALISTS – Support with any feeding method no matter how old your baby is

CHILDREN’S CENTRES:
Please text, call or email Caroline Neale
Infant Feeding Specialist/
Lactation Consultant
07718 114 882
nealec@ealing.gov.uk
She can refer any antenatal or postnatal mums to specialist midwives if necessary

EARLY START HEALTH VISITING TEAM:
If you prefer, you can also contact the Early Start health visiting team - Contact the infant feeding lead for health visiting
Katharine Curren
07904 186 762

get free infant feeding support from:
INFANT FEEDING SPECIALISTS, HOSPITAL MIDWIVES AND EARLY START HEALTH VISITING TEAM
ask for details at your local children’s centre!

I am taking medicine and have had to stop breastfeeding
I cannot cope with the frequent feeding
I am very sad that I am bottlefeeding and not breastfeeding
I am feeling overwhelmed
My baby is allergic to cow’s milk protein
My baby is tongue-tied
I have gestational diabetes
I want to increase my breastmilk
I have had breast surgery
I don’t enjoy breastfeeding but I don’t know how to stop comfortably
I am happy to feed formula but I want to do more breastfeeding
I had a very unhappy experience feeding my first child and I don’t want this to happen again
Feeding is always painful
My baby is not gaining weight

For information about feeding your baby, text 07718 114 882

London North West Healthcare
NHS
July - August 2017
ONE TO ONE INFANT FEEDING CLINIC
W5, UB6, UB5, W3, W7

One to one sessions with infant feeding specialists -
Get free information and support no matter how baby is fed

**Tuesday** 15.00 till 21.00 – Infant Feeding *Evening Clinic* – APPOINTMENT ONLY -
one to one with lactation consultant - partners welcome Grange Children’s Centre  **W5 4HN** -
Any feeding method – any age baby TEXT your name, postcode and baby’s date of birth to 07718 114 882

**Thursday** 9.30 till 11.00 - Infant Feeding Clinic – DROP-IN SESSION with Early Start
(health visiting) team – Perivale Children’s Centre, Federal Rd, Perivale **UB6 7AP**
Any feeding method – any age baby
Call 0208997 0619 option 2

**Friday** 9.30 to 11.00 – one to one support with Early Start (health visiting) team –
APPOINTMENT ONLY - Academy Gardens Children’s Centre  **UB5 5QN**
Any feeding method – any age baby
Call 0203 313 7519

**Friday** 10 till 12 – Infant Feeding Clinic - DROP-IN SESSION with midwife
Acton Health Centre, Church Rd **W3 8QE** – **for babies born at Queen Charlotte’s**
or St Mary’s only – up to **28 days of age** Call 0208 383 8700

**Friday** 10 till 5 – Infant Feeding Clinic - APPOINTMENT ONLY - one to one with lactation
consultant - partners welcome Hanwell Children’s Centre *(Also known as Laurel Gardens)*
25a Laurel Gardens, Hanwell **W7 3JG**  Any feeding method – any age baby
TEXT your name, postcode and baby’s date of birth to 07718 114 882