



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

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
- About safe bottlefeeding

**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**

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



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**

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 to 14.30 – Infant Feeding group – DROP-IN SESSION with trained feeding supporter – meet other mums and get information and support no matter how baby is fed – come to our food tasting sessions every Tuesday for all babies who can sit unaided (around 6 months) and for any parents who want to learn about giving other foods to baby all mums welcome – babies any age South Acton Children’s Centre **W3 8RX Antenatal mums welcome** Call 0208 992 0724

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 13.30 to 15.30 – 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

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**

Monday 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

Monday 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

Monday 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 10.30 to 11.30 Drop in for infant feeding support with children's centre staff during Baby Hour Hanwell Children's Centre **W7 3JG** PLEASE TELEPHONE CENTRE FIRST 0208 825 8200

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 12 till 2pm every other FRIDAY
at Grange children's centre W5 4HN**

**Practise with your sling/borrow one of our slings,
learn how to settle your baby
and feel close to your baby!**

**FRIDAY 6th and 27th October
FRIDAY 3rd and 17th November
FRIDAY 1st and 15th December**

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



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***

Monday 10.00 till 5pm – Infant Feeding 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

Thursday 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

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