

Welcome to Ealing's *Baby Friendly* Children's Centres!

We offer you consistent, accurate advice about building a warm, loving relationship with your baby, breastfeeding, safe bottle feeding, and introducing food to older babies. 😊

❖ ***Baby Friendly* MUM2MUM feeding baby groups**

Talk to mums and *Baby Friendly* staff about *any kind of feeding* and caring for your baby. Staff can also refer you for further support.

Tuesdays

13.00 till 15.00 – Feeding baby group with Jo and Katharine

FREE DROP-IN MUM2MUM SESSION Islip Manor Children's Centre, Eastcote Lane, Northolt **UB5 5RG Antenatal mums welcome** Call 020 8845 0601

Wednesdays

13.30 to 15.30 - FREE DROP-IN MUM2MUM SESSION Acton Bumps

and Babies with NCT Breastfeeding counsellor Sarah 216 High St **W3 9NX** near Morrison's car park entrance through black gates - All welcome including non-NCT members Call 07887 534607

13.30 to 16.00 – Feeding baby group with Caroline FREE DROP-IN

MUM2MUM SESSION Grange Children's Centre **W5 4HN** Roberts Alley off Church Place near South Ealing tube- Car park opposite Crystal Clean Laundry - **Antenatal mums welcome** Call 020 8567 1135 to check session is on

Thursdays

Thursday 17th January and Thursday 31st January; 14th and 28th February

11.30 to 14.00 - 6 months + club with Caroline FREE DROP-IN MUM2MUM SESSION PICNIC LUNCH/LEARNING TO CHEW sessions! Get information/ support about going back to work, sleep, baby-led weaning Grange Children's Centre **W5 4HN** Roberts Alley off Church Place near South Ealing tube Car park opposite Crystal Clean Laundry Text 07718 114 882 for details of food to bring

Saturdays

3rd Saturday of every month 9.30 till 11.30 – La Leche League Breastfeeding Group with Kerrie FREE DROP-IN MUM2MUM SESSION Hanwell Children's Centre **W7 3JG** **PLEASE RING CENTRE on Friday 0208 825 8200** to check the Saturday session is on

Baby Friendly MUM2MUM play sessions

These play sessions are run by *Baby Friendly* staff who can discuss any feeding concerns and refer you for support.

PLEASE CONTACT CHILDREN'S CENTRES FOR DETAILS OF SESSIONS

MONDAYS

10 to 11 Baby Hour with Sally FREE DROP-IN MUM2MUM SESSION

South Acton Children's Centre **W3 8RX** Call 0208 992 0724

11.15 to 12.45 – Stay and Play with Jo FREE DROP-IN MUM2MUM SESSION Islip

Manor Children's Centre, Eastcote Lane, Northolt **UB5 5RG** Call 020 8845 0601

1.30 to 3 Stay and Play with Zoe FREE DROP-IN MUM2MUM SESSION

Perivale Children's Centre **UB6 7AP** Call 0208 997 0619 option 2

TUESDAYS

9.30 to 11 Stay and Play with Zoe FREE DROP-IN MUM2MUM SESSION

Perivale Children's Centre **UB6 7AP** Call 0208 997 0619 option 2

9.15 to 10.45 – New Walkers with Jo FREE DROP-IN MUM2MUM SESSION Islip

Manor Children's Centre, Eastcote Lane, Northolt **UB5 5RG** Call 020 8845 0601

11.15 to 12.15 – Baby Discovery with Jo FREE DROP-IN MUM2MUM SESSION

Islip Manor Children's Centre, Northolt **UB5 5RG** Call 020 8845 0601

12.45 to 2.45 Stay and Play with Stories with Toni FREE DROP-IN MUM2MUM

SESSION Southall Park Children's Centre **UB1 3AZ** Call 020 8813 8275

WEDNESDAYS

9.30 to 11.15 – Stay and Play with Narinder FREE DROP-IN MUM2MUM SESSION

Windmill Park Children's Centre, Tulip Close, Southall **UB2 4UZ** Call 020 8574 5310

10.00 to 11.30 Baby Club with Debbie FREE DROP-IN MUM2MUM SESSION

Hanwell Children's Centre **W7 3JG** PLEASE TELEPHONE CENTRE FIRST 0208 825 8200

10.30 to 12.30 Stay and Play with Rhymes with Toni FREE DROP-IN MUM2MUM SESSION

Southall Park Children's Centre **UB1 3AZ** Call 020 8813 8275

11.15 till 12.45 – Stay and Play with Jo FREE DROP-IN MUM2MUM SESSION

Islip Manor Children's Centre, Eastcote Lane, Northolt **UB5** Call 020 8845 0601



Baby Friendly MUM2MUM play sessions contd

These play sessions are run by *Baby Friendly* staff who can discuss any feeding concerns and refer you for support.

THURSDAYS

9 to 10.15 – Stay and Play with Narinder FREE DROP-IN MUM2MUM SESSION
Grove House Children's Centre, 77a North Road, Southall **UB1 2JG** Call 020 8571 0878

10.30 to 12.30 Stay and Play with Rhymes with Toni FREE DROP-IN MUM2MUM SESSION Southall Park Children's Centre **UB1 3AZ** Call 020 8813 8275

11.15 till 12.45 – Stay and Play with Jo FREE DROP-IN MUM2MUM SESSION
Islip Manor Children's Centre, Eastcote Lane, Northolt **UB5** Call 020 8845 0601

1.45 till 2.45 – Baby Stay and Play with Jo FREE DROP-IN MUM2MUM SESSION
Islip Manor Children's Centre, Eastcote Lane, Northolt **UB5** Call 020 8845 0601

FRIDAYS

10 to 11.30 – Baby Sensory with Narinder FREE DROP-IN MUM2MUM SESSION
Windmill Park Children's Centre, Tulip Close, Southall **UB2 4UZ**
Call 020 8574 5310

1st and 3rd Friday 10 to 11.30 – Get breastfeeding support from volunteer Peer supporter Sarah during 0-24 months stay and play session North Ealing Children's Centre, Summerfield Rd, Pitshanger **W5 1ND** Call 0208 997 2653 option 3

Friday 10 till 12 – £5 per SESSION Northolt Leisure Centre **UB5 4AB 10am-12 MUM2MUM Infant feeding support with health visitor/group postnatal exercise/baby play session (Active Antz) Cost includes all activities above.** For more info contact the centre on 020 8423 7436 or ealingcommunity@everyoneactive.com



**TELEPHONE SUPPORT for *any* feeding method,
for all babies any age:**

Early Start (health visiting teams) Duty Line: 0208 102 5888

You can also contact the health visiting team by email

Northolt and Greenford team: clcht.nag-earlystartealing@nhs.net

Southall and West Ealing team: clcht.swe-earlystartealing@nhs.net

Acton and Central Ealing team: clcht.ace-earlystartealing@nhs.net

**Katharine Curren Specialist Health Visitor infant feeding
Lactation Consultant 07887 650 646**

**Caroline Neale Ealing Children's Centres Lactation Consultant 07718
114 882**

**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**



BUILDING A HAPPY BABY: In our *Baby Friendly* children's centres, we also help you appreciate the benefits of having a close, loving relationship with your baby.



MYTH

Babies become spoilt and demanding if they are given too much attention.



REALITY

When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident.



MYTH

It's important to get babies into a routine as this makes your life easier.



REALITY

Young babies are not capable of learning a routine. Responding to their cues for feeding and comfort makes babies feel secure, so they cry less, which makes your life easier too.

UNICEF 2018

A LITTLE BIT OF SCIENCE

New babies have a strong need to be close to their parents, as this helps them to feel secure and loved. When babies feel secure they release a hormone called oxytocin, which acts like a fertiliser for their growing brain, helping them to be happy babies and more confident children and adults. Holding, smiling and talking to your baby also releases oxytocin in you, which helps you to feel calm and happy.





SLING LIBRARY W5, UB5 and W7 WITH QUALIFIED ADVISOR

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

**Tuesdays - Islip Manor Children's Centre UB5 5RG
(Northolt) 29/1, 5/2, 26/2 1 till 2.30pm**

**Tuesdays - Grange Children's Centre W5 4HN (South Ealing)
8/1, 22/1, 12/2, 19/2 1 till 2.30pm**

**3rd Saturday of every month - Hanwell Children's Centre
W7 3JG (in between Hanwell clock tower
and Ealing Hospital) 19/1, 16/2 12 till 2pm**



**FREE stretchy wrap hire for 4 weeks!
(For babies under 6 months)**

Feeling overwhelmed? Anxious about feeding?

My baby is not gaining weight

I am very sad that I am bottlefeeding and not breastfeeding

Feeding is always painful

I cannot cope with the frequent feeding

I am feeling overwhelmed

I want to increase my breastmilk

I have had breast surgery

I am expecting twins

I had a very unhappy experience feeding my first child and I don't want this to happen again

My baby is tongue-tied

I don't enjoy breastfeeding but don't know how to stop comfortably

I have gestational diabetes

My baby is allergic to cow's milk protein

I am happy to feed formula but I want to do more breastfeeding

I am taking medicine and have had to stop breastfeeding

If you are not sure if you need a one to one, but *you just don't feel happy*, text us and we will try to make sure that you get what you need
Contact lactation consultants
Katharine Curren 07887 650 646
and Caroline Neale 07718 114 882

DROP IN CLINICS UB6, UB5, W3

**Drop in clinics with Early Start (health visiting team)
or with midwife**

Get free information and support *no matter how baby is fed*

**Thursdays 9.30 till 11.00 – 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

**Fridays 9.30 to 11.00 – DROP-IN SESSION with Early Start
(health visiting) team – Islip Manor Children’s Centre UB5 5RG
Any feeding method – any age baby**
Call 020 8845 0601

**Fridays 10 till 12 – 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

