



CONFIDENT PARENTS ARE HAPPY PARENTS!

FREE SUPPORT WITH FEEDING YOUR BABY

W3 W5 W7 W13 UB1 UB5 UB6 NW10

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

Page 2.....FREE ANTENATAL CLASS

☆Things I wish I had known☆

Page 3.....USEFUL TELEPHONE NUMBERS

Telephone support with any feeding method

Pages 4 and 5.....MUM2MUM GROUPS (just drop in)

*Meet other mums and babies in our weekly MUM2MUM groups
Get information and support no matter how your baby is fed*

ANTENATAL MUMS ARE VERY WELCOME!

Page 6.....CHECK THAT YOUR BABY IS DRINKING

Our trained staff will watch your baby breastfeed and check that s/he is drinking well (and refer you for further support 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 CLINIC

One to one appointment for any kind of feeding issue – breastfeeding/bottle feeding/introducing family foods

ANTENATAL CLASS: **★Things I wish I had known★**

Realistic information about what to expect in the early weeks



Calling all antenatal parents!

Free antenatal classes about early newborn behaviour and feeding your baby

★Things I wish I had known★

EVERYONE WELCOME NO MATTER WHERE YOU ARE BOOKED TO DELIVER 😊

Meet new parents and their babies, and get REALISTIC information about overcoming possible challenges in the early days

Classes are at GRANGE CHILDREN'S CENTRE W5 4HN

FRI MARCH 9TH from 1.30 to 4.30 class 1 how babies feed

FRI MARCH 16TH from 1.30 to 4.30 class 2 how babies communicate

TUESDAY APRIL 3rd from 1 till 4 class 1 how babies feed

TUESDAY APRIL 10TH from 1 till 4 - class 2 how babies communicate

You can attend one class or both classes

TO BOOK Text your name, postcode, baby's due date 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

Katharine Curren Specialist Health Visitor infant feeding
Lactation Consultant 07904 186 762 for all babies at any age

Caroline Neale Ealing children's centres
Lactation Consultant 07718 114 882 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

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

MUM2MUM SESSIONS IN W3, UB5, UB1 AND W5

**All mums welcome no matter how baby is fed
Times and locations are on page 5**



MUM2MUM SESSIONS IN W3, UB5, UB1, W7 AND W5

All mums welcome no matter how baby is fed

Tuesday 10 till 12 – FREE DROP-IN MUM2MUM 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 – FREE DROP-IN MUM2MUM 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 – FREE NCT Bumps to Babies group – DROP-IN MUM2MUM 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 16.00 – FREE DROP-IN MUM2MUM 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** Roberts Alley 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 - FREE Acton Bumps and Babies 216 High St **W3 9NX** near Morrison's car park entrance through black gates **Drop-in MUM2MUM SESSION with NCT Breastfeeding counsellor** - All welcome including non-NCT members Call 07887 534607

Friday 10 till 12 – £5 per SESSION Northolt Leisure Centre **UB5 4AB 10am-12** infant feeding support with advisor/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

Friday 2nd and 23rd March/Friday 6th and 20th April 13.30 to 15.00 – Six months and over club – FREE DROP-IN MUM2MUM SESSION with lactation consultant **Meet other mums and 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 - Call 020 8567 1135

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 CENTRES FIRST**

Monday 10 to 11 Get support with feeding baby during Baby Hour

South Acton children's centre **W3 8RX** Call 0208 992 0724

Monday and every week day 10 till 5pm support with feeding baby available

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 Get support with feeding baby Southall Park

Children's Centre off Green Drive **UB1 3AZ** PLEASE TELEPHONE CENTRE FIRST 0208 813 8275

Wednesday 10.30 to 11.30 Get support with feeding baby 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 – Get support with feeding baby from 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 – Get support with feeding baby from 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 W5 and UB5 WITH QUALIFIED ADVISOR

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

Grange Children's centre W5 4HN drop in 12 till 1.30

FRIDAY 9th MARCH FRIDAY 23rd MARCH

FRIDAY 6th APRIL FRIDAY 20th APRIL

Islip Manor Children's centre UB5 5RQ drop in 1 till 2pm

TUESDAY 13TH MARCH TUESDAY 27TH MARCH

APRIL DATES TBC PLEASE RING CENTRE ON 020 8845 0601

Feeling overwhelmed? Anxious about feeding?

Book a one to one appointment. Clinic times/locations are on page 8



ONE TO ONE 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 – one to one with lactation consultant - APPOINTMENT ONLY - 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 – 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 – one to one with lactation consultant - APPOINTMENT ONLY - 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 – 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

Friday 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