




Where can I go for support during other times?


Yatton Library and
Children Centre
Yatton high Street
Yatton
BS49 4HJ

Clevedon Children's
Centre
The Barn,
Great western Road
Clevedon
BS21 6HB

Yeo Valley and Rural
Outreach Children's
Centre
Station Road
Congresbury
BS49 5DX

 Clevedon Children's Centre 01934 426440
Yeo Valley Children's Centre 01934 426643

 **Find us on Facebook**
@ Breastfeeding Support Clevedon Yatton and Yeo

 Central.childrenscentres@n-somerset.gov.uk



Breastfeeding Support Clevedon, Yatton and Yeo Valley

Breastfeeding Support across Central Group

Yatton Library and Children's
Centre, Tuesday 1.00pm-2.30

Clevedon Children's Centre
Thursday 10.30am -12.30pm

Yeo Valley Children's Centre
4th Tuesday of the month during
Health clinic 9:30-11:15

What happens at the support group?

We aim to provide a range of friendly and accessible resources, both before and after baby's birth, to help mums reach their breastfeeding goals.

We also provide a fantastic opportunity for families to meet each other and share their parenting experiences

Who are the Peer Supporters?

Our Peer Supporters are local mums who have volunteered and completed training to become accredited peer supporters. They use this training, together with their own breastfeeding experiences, to support other mums to breastfeed. Our peer supporters all have enhanced DBS certificates and adhere to our local Children's Centre policies.

How can we help you?

Peer supporters can offer support and information in the following areas:

The benefits of breastfeeding for mum and baby

Frequency and length of feeds

Expressing, introducing solid foods and returning to work

Good attachment and different positions for feeding

Identifying and dealing with mastitis and thrush

Help avoid common issues like sore nipples and engorgement

Ways to build a close relationship with your baby and support early brain development

How bottles, dummies and nipple shields affect latching and milk supply

Combination feeding or stopping breastfeeding

Different ways to handle babies' crying