



Where can I go for support during other times?

Yatton Library and Children's Centre,
High Street,
Yatton,
BS49 4HJ

Yeo Valley and Rural Outreach Children's Centre,
Station Road,
Congresbury, BS49 5DX
Tel – 01934 426643

Winford Primary School,
Winford Community Room,
Felton Lane, Winford,
Bristol
BS40 8AD

Clevedon Children's Centre,
The Barn, Great Western
Road, Clevedon,
BS21 6HB
Tel – 01934 426440



Find us on Facebook

@ Breastfeeding Support Clevedon Yatton and Yeo

Email: central.childrenscentres@n-somerset.gov.uk



Breastfeeding Support Clevedon, Yatton and Yeo Valley Peer Support for Breastfeeding Mothers

Breastfeeding Support across Central Group

Yatton: Yatton Library and Children's Centre
Tuesday 1.00pm – 2.30pm.

Clevedon: Clevedon Children's Centre
Thursday mornings 10.30am – 12 noon.

Winford: Winford Primary school
Every 2nd Tuesday of the month within
Health Clinic. 10.30am – 12 noon.

Congresbury: Yeo Valley & Rural Outreach Children's Centre
Every 4th Tuesday of the month within
Health Clinic. 10.30am – 12 noon.

Antenatal sessions held for pregnant mums and their partners.
Please check our FB page for details



In association with

Central
children's
centres

The page features purple silhouettes of a woman on the left and a woman holding a baby on the right. A large green circle is positioned in the upper left, and a pink rounded rectangle is in the lower left. The right side of the page is filled with various colored circles containing text.

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.

Alongside supporting mums to 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 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

Good attachment and different positions for feeding.

Help to avoid common issues like sore nipples and engorgement

Identifying and dealing with mastitis and thrush

Frequency and length of feeds

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

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

Combination feeding or stopping breastfeeding

Different ways to handle babies' crying

Expressing, introducing solid foods and returning to work