Where can I go for support at other times?

Ashcombe Children’s Centre  
Stepping Stone Walk  
Weston-super-Mare BS23 3NA  
Tel: 01934 426 380

Banwell, Winscombe and Sandford Children’s Centre  
Rear of car park, West Street  
Banwell BS29 6DB  
Tel: 01934 426 774

Castle Batch Children’s Centre  
Bishop Avenue  
Worle, Weston-super-Mare BS22 7PQ  
Tel: 01934 427 242

Locking Castle and Locking Children’s Centre  
The Campus, Highlands Lane  
Worle, Weston-super-Mare BS24 7DX  
Tel: 01934 426 679

South Weston Children’s Centre  
Oldmixon Family Centre  
Monkton Avenue  
Weston-super-Mare BS24 9DA  
Tel: 01934 426 881

South Weston Children’s Centre  
The For All Healthy Living Centre,  
Lonsdale Avenue  
Weston-super-Mare BS23 3SJ  
Tel: 01934 427 550

Weston Central Children’s Centre  
81-83 Meadow Street  
Weston-super-Mare BS23 1QL  
Tel: 01934 426 794

Worle Library and Children’s Centre  
Mendip Avenue, Worle  
Weston-super-Mare BS22 6HN  
Tel: 01934 426 618

You can also contact:

- Your community midwifery team up to 28 days following birth
- Your health visitor team at any time for advice and support (www.nscphealth.co.uk/services/health-visiting)
- The National Breastfeeding Helpline: 0300 100 0212. Available 9.30am-9pm every single day of the year
- Peer support for breastfeeding mothers

Breastfeeding Support Weston

Worle Library and Children’s Centre  
Thursday 9.30-11am

New group  
Banwell, Winscombe and Sandford Children’s Centre  
Wednesday 9.30-11am  
starting January 2018

Find us on Facebook ‘Breastfeeding Support Weston’
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:

- Good attachment and different positions for feeding
- Ways to build a close relationship with your baby and support early brain development
- Different ways to handle babies’ crying
- Help to avoid common issues like sore nipples and engorgement
- Identifying and dealing with mastitis and thrush
- Frequency and length of feeds
- Combining feeding or stopping breastfeeding
- The benefit of breastfeeding for mum and baby
- How bottles, dummies and nipple shields could affect latching and milk supply
- Expressing, introducing solid foods and returning to work
- Help to avoid common issues like sore nipples and engorgement