

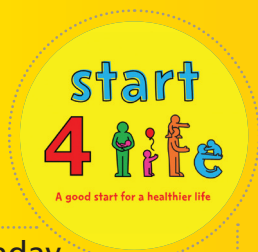


Breastfeeding Support Services in Redcar and Cleveland

Patient Information

You can contact your health visiting team or your local Children's Centre for advice on Breastfeeding. Contact details can also be found in your red book.

- West locality - 01642 838003
- Central locality - 01642 283764
- East locality - 01287 655000



Breastfeeding Social Groups:

Breast friends Redcar Children's Centre	Monday 11:30am - 1:00pm
Baby Social (incl. Breastfeeding support) Skelton Children's Centre	Wednesday 11:00am - 12:30pm
Breast Friends Redcar Coast	Wednesday 09:30am - 11:30am
Breastfeeding Social Guisborough Children's Centre	Thursday 10:00am - 11:15am
Breastfeeding Social Saltburn Children's Centre	Thursday 10.45am - 11:45am
Breast Friends Marske Children's Centre	Thursday 11:30am - 12:30pm
Breastfeeding Dormanstown Children's Centre	Thursday 1:00pm - 2:30pm
Baby Social (incl. Breastfeeding support) Ormesby Children's Centre	Friday 09:30am - 11:30am

Out of Hours Support:

National Breastfeeding Helpline	9.30am - 9.30pm	0300 100 0212
Breastfeeding Network Helpline	9.30am - 10.30pm	0300 100 0210
National Childbirth Trust Helpline	8.00am - 10.00pm	0300 330 0771
La Leche League Helpline	24 hours	08451 202918
Association of Breastfeeding mothers	9.30am - 10.30pm	08444 122949

Helpful hints:

Breastfeeding out and about

- Wear layers of clothing i.e. vest top and shirt or cardigan
- Practice attaching the baby to the breast whilst watching in a mirror (to see how discreet breastfeeding is)
- Go out with friends who will give you confidence

Breastfeeding at night

- Night feeds are important for your milk supply
- Keep baby in the same room as you at night
- Practice feeding your baby lying down
- Look at the information your midwife or your health visitor gave about safe bed-sharing
- Ask for help if you need it

Helpful websites: www.breastfeedingnetwork.org.uk

www.nhs.uk/start4life www.breastfeeding.nhs.uk

www.bestbeginnings.org.uk www.la lecheleague.org.uk

www.babyfriendly.org.uk www.realbabymilk.org.uk

www.maternityalliance.org.uk www.abm.me.uk

www.nctpregnancyandbabycare.com

www.redcarclevelandcyprtrust.org.uk/familiesguide

together we do the amazing