

Breastfeeding While Out and About

If you feel a bit nervous about feeding in public these tips might help:

- Practice at home first - maybe in front of family members.
- Watch yourself feed in a mirror you'll see what others see (usually not a lot).
- Go along to a Breastfeeding Support Group, it can be easier to feed in public for the first time with other supportive mums, plus they'll be able to give you hints and tips.
- Before going out make sure you are wearing clothes which make feeding easy.
- If you feel more comfortable take a muslin cloth, shawl or light blanket to drape over you.
- Try and feed your baby as soon as they are ready, it's harder to feed a hungry crying baby.
- Some mums find using baby slings useful.
- When first going out consider taking your partner or a friend with you.
- Take drinks and snacks with you.

They say practice makes perfect, and after a few feeds you'll soon be confident enough to breastfeed just about anywhere.

Remember breastfeeding is your right and, more importantly, your baby's.

In England it is illegal to prevent mothers from breastfeeding in public.



October 2017 Edition

Returning to Work or Study

Lots of mums return to work or study and continue to breastfeed successfully.

The main advantage of continuing to provide breast milk for your baby is that they tend to be healthier and less likely to get ill (therefore fewer days off work for you). You will also be able to continue the special relationship with your child.

Your Health Visitor will be able to help you make a plan of how you can do it or refer you for specialist help.

You will probably need to talk with your employer about how you can continue breastfeeding and/or expressing. By law you should not be discriminated against because of your family responsibilities. Arrangements may need to be made, depending on your job, workplace and childcare. This will include making arrangements for you to be able to express and store your milk if you plan to do this at work.

If you have childcare close by you may think about visiting to feed your baby, or your child carer may be able to bring your baby to you.

If you intend to express your milk there is more information on the website
www.publichealth.hscni.net/publications/birth-five

The Children's Hub
Hartlepool and Stockton-on-Tees



Sure Start
Children's Centres
Hartlepool

Hartlepool Breastfeeding Directory



To find your nearest children's centre
call: 01429 284284



Sure Start Children's Centres - Hartlepool



Getting Started

This directory tells you where to get support and advice for getting breastfeeding off to a good start and helping you and your baby to breastfeed for as long as you both wish.

It contains details of Breastfeeding Support Groups and contact numbers where help is available.

You can also contact your Midwife or Health Visitor for support.

We recognise that breastfeeding outside the home is crucial and can be worrying to start with, so we have also included some tips on this.

Breastfeeding Support Groups & Where to Find Help in Your Area

These social groups offer support, advice and friendship to breastfeeding mums and babies in a relaxed comfortable environment (whatever your baby's age).

You do not need to have a problem to come along but there is always a qualified staff member available to assist with any concerns.

First Latch

Monday

Rossmere Children's Centre, 9:15am – 10:15am
Rossmere Way, TS25 5EB - Tel: 292444

Latch On

Monday

Rossmere Children's Centre, 10:00am – 11:30am
Rossmere Way, TS25 5EB - Tel: 292444

Healthy Start Clinics

Monday

Hindpool Children's Centre, 9:30am – 11:00am
Hindpool Close, TS24 0TB - Tel: 292555
Baby weigh, help and advice from
Community Nursery Nurses

Rossmere Children's Centre, 1:30pm – 3:00pm
Rossmere Way, TS25 5EB - Tel: 292444
Baby weigh, help and advice from Health Visitors

Tuesday

Stranton Children's Centre, 1:00pm – 2:30pm
Southburn Terrace, TS25 1SQ - Tel: 231329
Baby weigh, help and advice from Health Visitors

Chatham House Children's Centre, 1:30pm – 3:00pm
Chatham Road, TS24 8QG - Tel: 284466
Baby weigh, help and advice from Health Visitors

Wednesday

Lynnfield Children's Centre, 9:30am – 11:00am
Elcho Street, TS26 8HP – Tel 275122
Baby weigh, help and advice from
Community Nursery Nurses

Thursday

Rift House Children's Centre, 1:00pm – 2:30pm
Masefield Road, TS25 4JY - Tel: 284610
Baby weigh, help and advice from
Community Nursery Nurses

Miers Children's Centre, 1:30pm – 3:00pm
Miers Avenue, TS24 9JQ - Tel: 271276
Baby weigh, help and advice from Health Visitors

Friday

Rossmere Children's Centre, 9:30am – 11:00am
Rossmere Way, TS25 5EB - Tel: 292444
Baby weigh, help and advice from Health Visitors

Breastfeeding Support Services

Maternity Services

To contact your Midwife or Midwifery Assistant, please call 01429 522279 between 9:00am – 10:00am

Health Visiting Services

To contact your Health Visitor, please find the number in your Child Health Record or catch up with them at baby clinic

Breastfeeding Help Lines

La Leche League

Tel: 0845 120 2918
9:00am – 10:00pm
7 days a week

National Childbirth Trust

Tel: 0300 330 0771
8:00am – 10:00pm
7 days a week

Association of Breastfeeding Mothers

Tel: 0844 412 2949
9:30am – 10:30pm
7 days a week

National Breastfeeding Help Line

(Department of Health)
Tel: 0300 100 0212
9:30am – 9:30pm
7 days a week