

gaining support on your breastfeeding journey, as well as being able to offer support back to other mums just starting out. However, once your baby becomes mobile you may find another group will meet their needs better—please ask about moving on, and what is available at your local centre.

You are welcome to bring older siblings with you to the group, but we just ask you to be mindful of the little babies enjoying the floor time.

Parents must remain responsible for their toddlers at all times.

We ask that toddlers removed their shoes during the session to avoid mishaps and please encourage them not to run around as this can upset young babies and mums too sometimes!

We want everyone to enjoy the groups and feel happy to come back again, so please let us know if you have any concerns.

If you need assistance with any particular breastfeeding issue out of hours please contact:

La Leche League Helpline 0845 1202918, available 24 hours
7 days a week, www.laleche.org.uk

National Breastfeeding Helpline 0300 1000212 9.30am-9.30pm
www.nationalbreastfeedinghelpline.org.uk

The Breastfeeding Network 0300 100 0210
www.breastfeedingnetwork.org.uk

Association of Breastfeeding Mothers 08444 122 949
9.30am-10.30pm www.abm.me.uk

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Breastfeeding support in Bassetlaw



BABES breastfeeding groups - baby and breastfeeding encouragement and support.

What we are about.....

The breastfeeding groups are a friendly and open group for all breastfeeding mums and babies, whatever stage you are at.

Whether you want a friendly chat, if you are pregnant and want more information about breastfeeding or want some support with a particular issue come along and meet some mums who can help.

You can come to the group with a friend or a relative if you feel more comfortable. Older children are welcome too, and there will be toys for them to play with.

Pop in and join us, you're very welcome, or call into the centre between groups if you want to have a chat about any breastfeeding issues

At the group there are Volunteer Peer Supporters who are always on hand if needed. Volunteers are mums who have breastfed, completed a 20 hour breastfeeding course and are keen to support mums like you, in the early days of breastfeeding your new baby. They spend a few hours each week in their local areas working as volunteers and follow confidentiality and safeguarding children practice guidelines.

They can offer tips to increase milk supply, show mums how to hand express and offer information on many practical ways of helping mums to enjoy their breastfeeding experience.

Breastfeeding groups are an excellent way of meeting other mums and gaining support on your breastfeeding journey, as well as being able to offer support back to other mums just starting out. However, once your baby becomes mobile you may find another group will meet their needs better—please ask about moving on, and what is available at your local centre.

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Day and Time of the BABES Breastfeeding Groups in Bassetlaw

Harworth and Bircotes Children's Centre

Wednesdays at 10am—11.30am at **Harworth Library**
Tel: 01302 759062

Hallcroft Children's Centre

Tuesdays at 1.00pm - 3.00pm. Tel: 01777 712950

Manton Children's Centre

Tuesdays at 09.30am -11.00am. Tel: 01909 511321

Prospect Kilton Children's Centres (Worksop)

Thursdays at 9.30am—11.00am. Tel: 01909 504810

Specialist Breastfeeding Clinics - your Health Visitor or Children's Centre can refer you to see an Infant Feeding Lead for more complex feeding issues. Please ask if you need more support. The clinic runs on a Thursday afternoon at North Worksop Children's Centre—Gateford.

The Healthy Family Team also provide breastfeeding support. They attend the Breastfeeding Groups at the Children's Centres on a regular basis and are also available for telephone support or can provide a one-to-one appointment if required.

For referrals to the Healthy Family Team including requests for Breastfeeding Support please call

The Single Point of Access on:

01777 274422