

1st - 7th August

National Childbirth Trust - Southampton

- Home visits by qualified breastfeeding counsellor
- Peer supporters on Burley Ward
- Two weekly Baby Cafes supported by qualified breastfeeding counsellors and peer supporters
- Breastfeeding Peer Support training for local mothers
- Southampton Baby Cafe Facebook page
- Support of Expectant Parent event at PAH

See our updated website
and Help and support with breastfeeding
leaflet at -
[www.uhs.nhs.uk/OurServices/
Maternityservices/Feedingyourbaby.aspx](http://www.uhs.nhs.uk/OurServices/Maternityservices/Feedingyourbaby.aspx)

Breastfeeding Friendly Southampton

Southampton is a Breastfeeding Friendly City, with over 150 local breastfeeding friendly venues, openly welcoming and celebrating women in their right to breastfeed their children while out and about. To find breastfeeding friendly Southampton venues near you, please go to [http://
www.breastfeedingwelcomescheme.org.uk/](http://www.breastfeedingwelcomescheme.org.uk/)

To celebrate World Breastfeeding Week 2017
Midwifery and Health Visiting teams, Neonatal Unit,
Breastfeeding Charities, Children's Centres and the
City Council are working together to support
breastfeeding mums and babies



Available on the
App Store



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 **Breastfeeding in and around Southampton
- every day counts** 

2017

'La Leche League' - Southampton

- Meets every Monday morning in term-time
- Provides friendly breastfeeding support and information by trained breastfeeding counsellors
- Gives mothers the opportunity to socialise with other breastfeeding mothers and to share experiences
- Every third Monday a group discussion is held on a variety of breastfeeding related topics
- We welcome all parents who are interested in breastfeeding, including mixed feeding and breastfeeding older children

Working together to
inform, support and
celebrate



All photos by Paul Carter and the
Breastfeeding in public project -
www.breastfeedinginpublic.co.uk