

Lancashire Infant Feeding Support

Who's there to help you with feeding your baby



Who	What	How
Midwifery Service – <i>(Care passed to Health Visiting at 28 days)</i>	• Face to face 1:1 support at home and in clinic • Telephone support	Your 'Notes' will include Midwifery contact info depending on where you live and which NHS Trust you fall under
Health Visiting Service – Lancashire Healthy Young People & Families 0-19 Service, HCRG Care Group 	• Home visits offered: 5 core contacts AND as needed • Telephone and email support • Clinics – opportunity to discuss concerns and weigh baby • Virtual Groups and Webinars: Breastfeeding, Colic & Reflux, Introducing Solids and more! Plus in-person BBB sessions • Specialist Infant Feeding Clinic - virtual • Breastfeeding Specialist Lactation Consultant Clinics – in person	t: 0300 247 0040 (Mon-Fri 9am-5pm) e: vcl.019.singlepointofaccess2@nhs.net f: @lancashirehealthyyoungpeopleandfamilies w: lancsyounpeoplefamilyservice.co.uk v: Virtual Group Programme ✓ Child Health / Well-baby local Clinics ✓ Your child's 'red book' is a handy source of information
Anya (Latch Aid) app – Early parenting and breastfeeding support 	• Parenting and lactation support tool offering round-the clock advice • FREE Premium upgrade during pregnancy +4 months postnatal • 1:1 support from lactation experts and parental chat groups	✓ Read more about the Anya offer here ✓ Download the app today on your smartphone or tablet w: Website and f: @AnyaForHealth
NCT Infant Feeding Peer Support 	• Helpline and home visits from trained peer supporters • Face to face groups across Lancs and virtual group available • Maternity ward visits and home visits • Social media support including private Fb group!	t: 0208 752 9025 (Mon-Fri 9am-5pm) e: lancshiresupport@nct.org.uk f: @NCT Parent Support Lancashire w: lancashireinfantfeeding.nct.org.uk
Children & Family Wellbeing Service and Family Hubs 	• Face to face & virtual groups i.e. Baby Massage • 1:1 support in person and over the phone • Facebook page and website 	For your nearest centre info visit the website t: 0800 511 111 (Open everyday 2-10pm) f: Facebook – search Family Hub + your area/town

Further / National Support

Antenatal Education

FREE Online Sessions:

- [‘Understanding pregnancy, labour, birth and your baby’](#) available in different languages
- [Team Baby](#) - Association of Breastfeeding Mothers (ABM)

Breastfeeding

- [Global Health Media](#) – useful videos and app
- [Anya \(Latch Aid\)](#) - cutting-edge support app (see overleaf)
- [NCT](#) – peer support service (see overleaf)
- [Drugs in Breastmilk Information Service](#) by BfN
- [La Leche League](#) – Info source
- [Breastfeeding Helpline](#) open every day



Bottle Feeding

- [First Steps Nutrition](#) – Information on infant formula milks and safe bottle preparation

General Infant Care

- [Basis](#) – Baby safe sleep source
- [Better Births](#) – Information for families including [Wondering about your baby's growth?](#)
- [First Steps Nutrition](#) – Eating well in pregnancy and new mums, infants and the early years
- [UNICEF](#) Baby Friendly resources & leaflets for all feeding methods
- [NHS Start 4 Life](#) – includes info on vitamins and introducing solid foods
- [Spoons](#) Neonatal Family Support

Scan here for support and information



If you are experiencing pain while breastfeeding or have any concerns, please seek help.

For support and information visit lancsyoungepeoplefamilyservice.co.uk

t: 0300 247 0040

