



Southern Health
and Social Care Trust

Quality Care - for you, with you

Breastfeeding Peer Support Service

Support and learning for new
breastfeeding mothers

Top Tips for Breastfeeding

- During pregnancy find out why breastfeeding is important and how to get off to a good start.
- After birth check your baby is well positioned and attached for breastfeeding.
- Speak to a volunteer peer support mother who will be there for you should you need help with breastfeeding.

For most women it can take a bit of time before you feel confident with breastfeeding. You and your baby need time to practice while you're both learning. It can be a big help if you have someone who knows about breastfeeding and babies so that you can ask any questions you might have. This is when being able to contact another mum who has been there can make a real difference.

Breastfeeding Peer Support Volunteers

Breastfeeding Peer Support is mother-to-mother support given by women who have breastfed their own children and who, with specialised training, provide support to other women who breastfeed.

If you feel you need more help while breastfeeding at home or have any questions, a team of breastfeeding peer supporters are available across the Southern Trust to provide support, encouragement and information to you.

How will the support be provided?

Breastfeeding peer support services are available in the form of telephone advice and, if necessary, a peer support volunteer can arrange to meet you locally or at a breastfeeding support group.

Peer Support Volunteers

By sharing their own skills and experiences, peer supporters can help mothers to overcome many problems with breastfeeding including:

- Explaining how breastfeeding actually works and how breast milk is produced.
- Helping you to cope in the early days with baby led feeding and to recognise and respond to infant feeding cues.
- Supporting you with practical skills of positioning and attaching your baby.
- Providing appropriate information on a range of practical issues such as expressing and storing breast milk.
- Helping to resolve problems such as sore nipples, engorgement or blocked ducts.
- Encouraging, supporting and discussing any breastfeeding concerns you may have.

If necessary, peer supporters will also be able to put you in touch with health professionals for further support and advice.

This style of support has worked successfully in other areas and has helped many women to initiate and maintain breastfeeding for longer.

Contact Details

If you wish to speak with a Breastfeeding Peer Volunteer please contact:

Breastfeeding Peer Support Link Workers

Daisy Hill Hospital

07795 426 923

Craigavon Area Hospital

07823 532 306

There is a lot of support available, if you need further support or information while breastfeeding you could speak to your community midwife or health visitor or visit your local breastfeeding support group. You will find details of your local support group on the Sources of Support for Breastfeeding leaflet which you will have been given on discharge from hospital.

If you wish, you can contact the breastfeeding peer support link workers in Daisy Hill and Craigavon Area Hospitals who will make a referral to your local breastfeeding peer support volunteer.

Additional information can be found at

www.southerntrust.hscni.net

www.unicef.org.uk/babyfriendly

www.breastfedbabies.org

www.laleche.org.uk

www.nct.org.uk

www.breastfeedingnetwork.org



Web: www.southerntrust.hscni.net

This document is available, on request,
in accessible formats, including Braille, CD,
audio cassette and minority languages.

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