

BREASTFEEDING SUPPORT

There are several organisations able to provide support and advice for breastfeeding

BfN Supporterline 0300 100 0210

Supporterline is run by BfN Registered Breastfeeding Supporters. Supporters are mums, who have breastfed their own babies and who have received intensive training in breastfeeding. They work on a voluntary basis and are based in their own homes.

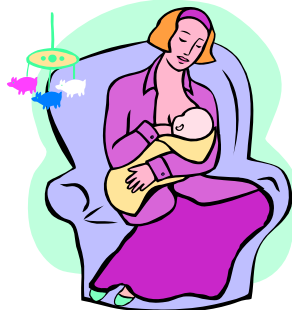
Breastfeeding Café Every Thursday 1.30 – 3.00pm

South Hill Centre
Cemetery Hill
Hemel Hempstead
Chance to talk to Dacorum Health Visitor Team and other mums

National Breastfeeding Helpline 0300 100 0212

The National Breastfeeding Helpline is run in collaboration with the Breastfeeding Network (BfN) and the Association of Breastfeeding Mothers (ABM).

You can speak to your Health Visitor about breastfeeding and support available



Orchard Children's Centre is available for advice and support on a range of issues for parents with children under 5 years.

Le Leche League 01442 879572 – Penny

The Chilterns Group
Le Leche League believes that successful breastfeeding needs information, support and encouragement

National Childbirth Trust (NCT)

0300 33 00 771
Breastfeeding Line
www.nct.org.uk
for local info contact Tring and district
www.nct.org.uk/support-us/get-involved

Pitstone Baby Cafe at Pitstone Memorial Hall
10.15 am – 11.45am
Every Tuesday

**Sure Start
Children's Centres**