

Baby feeding support

We provide baby feeding support to all families. Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection. Speak to your Health Visitor, Midwife or Peer Supporter for practical information and support with feeding your baby.

For more information and support:

Newham's Health Visiting Team

healthvisiting@newham.gov.uk
020 3373 9983
www.newham.gov.uk/childrenshealth

Newham Baby Feeding

07534 249611
Facebook: Newham Baby Feeding
baby.feeding@newham.gov.uk

Baby feeding online support group

Tuesdays 1.30pm – Book via Eventbrite
www.eventbrite.co.uk/e/123179744933

Thursdays 10am – Facebook:
Newham NCT Milk Bar

National baby feeding helplines

National Breastfeeding Helpline – 0300 100 0212 (9.30am – 9.30pm)

BfN Supporterline – Bengali / Sylheti 0300 456 2421 (9.30am – 9.30pm)

La Lech League – 0345 120 2918

NCT – 0300 330 0700 (8am – 12.00 midnight)



Getting ready to breastfeed

Having a baby in Newham? Come along to one of our fun and informative, online baby feeding workshops. Meet other parents and learn about:

- how breastfeeding works
- why breastmilk is good for your baby
- why skin to skin contact helps your baby and you too
- when to feed your baby
- how to tell your baby is getting enough milk
- where to get help and support
- how to protect your milk supply if mixed feeding
- when to start weaning baby onto solid foods
- how to feed your baby out and about.

Book your 2 hour online workshop from 28 weeks pregnancy:

<https://www.eventbrite.co.uk/e/getting-ready-to-breastfeed-online-antenatal-baby-feeding-workshop-tickets-109828287364>

