

Support in Newham

Newham Baby Feeding Helpline 07534 249 611

Put the number in your phone for help with all baby feeding
- breast, bottle, mixed, starting solids - 7 days a week.



Getting Ready to Feed your baby

– Book your antenatal workshop from 34 weeks.

Top tips to get off to a good start with feeding your baby.

Visit

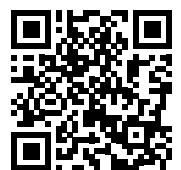
[NewhamBabyFeedingAntenatal.eventbrite.co.uk](https://www.newhambabyfeedingantenatal.eventbrite.co.uk)

or scan the QR code



Breastfeeding provides perfect nutrition and immune support, it's great for baby's and mum's health, and saves money.

Visit [newham.gov.uk/babyfeeding](https://www.newham.gov.uk/babyfeeding) or scan the QR
code



Milk, nothing else for the first six months

– Book your Starting Solids Workshop to learn why
weaning matters - what, when, how?

A fun session with other parents.

Book when baby is around 5 months.

Visit

[NewhamBabyFeedingStartingSolids.eventbrite.co.uk](https://www.newhambabyfeedingstartingsolids.eventbrite.co.uk) or
scan the QR code

