Community Breastfeeding Services
A service for all pregnant and breastfeeding mothers and their families.
Delivered by The Royal Marsden
NHS Foundation Trust
The community breastfeeding services provide breastfeeding help and advice for all pregnant and breastfeeding mothers and their families.

As part of this, a number of groups are held in the community, run by the infant feeding coordinator or a member of the health visiting team.

**Come along to one if you:**

- Would like general support, or information about breastfeeding during pregnancy or after birth.
- Have questions or problems with breastfeeding, using formula milk or starting solid foods.
- Are ready to stop breastfeeding and would like advice.
- Would like to meet other local mothers at one of our coffee afternoons.

“My health visitor suggested I go along for some extra support – if I hadn’t I would not still be breastfeeding my baby who is now 4 months old and we are both loving it.”

Lizzie, Mother
Groups are held at the venues below on a drop in basis within the stated times, you do not need to make an appointment:

**Monday**
09:30 - 11:30
Breastfeeding Drop In
Thomas Wall Children’s Centre
69 Western Road,
Sutton SM1 2SX
020 8770 5875

**Tuesday**
13:00 - 16:00 (appointment only)
Green Oak Children’s Centre
671 London Road,
Worcester Park,
Sutton SM3 9DL
020 8661 3904

**Thursday**
10:00 - 12:00
Breastfeeding Drop In jointly delivered by Health Visiting and Midwifery services
Tweeddale Children Centre and Play Centre, Tweeddale Road
Carshalton SM5 1SW
020 8770 5801

**Last Thursday of every month**
18:30 - 19:30
Breastfeeding in the Early Weeks Workshop
Victor Seymour Children’s Centre
Denmark Road SM5 2JE
We offer 1 hour interactive workshops for parents-to-be.

“I didn’t feel judged. I felt listened to and supported to make a decision that was right for me and my partner.”
Sandra, Mother

The focus is on what to expect in the early weeks and how to avoid common breastfeeding problems. To book a place, please contact our health visiting team on 020 8661 3904.

**Friday**
14:00 - 15:30 (no need to book)
Coffee Afternoons
Victor Seymour Children’s Centre
Denmark Road SM5 2JE
Our coffee afternoons are a great way to chat with other breastfeeding mums, make new friends, and support each other in a relaxed and informal environment. A member of staff will be available.
Here are some tips to help you get started:

Learn to recognise your baby’s pre-nursing cues, it’s much easier to get a baby latched on before they start crying.

Go to one of our local breastfeeding groups where you can feed your baby and get support and useful tips from staff and other breastfeeding mums.

Plan ahead so you know of places you will feel comfortable feeding in.

Don’t feel that you should sit in a public toilet to breastfeed. You wouldn’t eat there, so don’t feel that your baby should.

Wear two piece outfits, or clothes with nursing slits and a feeding bra.

Remember

The Equality Act was introduced into law in 2010 to make it illegal for anyone to ask you to stop breastfeeding in a public place.

Tips and advice on breastfeeding out and about in Sutton

Rest assured that discreet breastfeeding becomes easier with practice, it is a learned skill. Before you breastfeed in a social setting or in a public place, you may want to practice in front of a mirror, or in front of a friend or family member or your partner.
Expectations of breastfeeding

Remember frequent feeding is normal, not a problem.

During the first 6 - 8 weeks your body is setting your milk supply up to meet your baby’s needs and you are both getting to know each other and learning how to breastfeed together. Try and plan your day with the expectation that you will be breastfeeding most of the day. Usually after the first 6 – 8 weeks most babies are more settled and move into some sort of feeding pattern.

Remember - breastfeeding is not just about food - babies also need to feed for warmth and reassurance and to be soothed.

How will I know if my baby is getting enough milk?

It is not necessary to ‘measure’ or see the amount of milk your baby is taking to estimate if your baby is getting enough milk. You can monitor if your baby is getting enough milk by how they behave, what’s in the nappy and your baby’s weight.

Breastfeeding during the night

A member of the health visiting team will talk to you and other family members about how to feed your baby safely at night.

Remember:
- The safest place for the baby to sleep is in the cot next to your bed for the first six months
- Never feed your baby lying down on a sofa or put yourself in a position where you may fall asleep on a sofa or armchair.
Sutton Health Visiting Service is fully accredited by UNICEF and has achieved Baby Friendly in the Community status. You will always be made to feel welcome at any of our healthcare facilities, our breastfeeding services, health centres and children’s centres.

National Breastfeeding Helpline
0300 100 0212

If you would like further information or to comment, please contact:

Anne Reilly
Infant Feeding Co-ordinator
Mobile: 07766 725509
Email: Anne.reilly@rmh.nhs.uk

Victoria Whyatt
Infant Breastfeeding Support Worker
Mobile: 07920 765821
Email: Victoria.whyatt@rmh.nhs.uk

Health Visitor Advice Line
020 8661 3904

Breastfeeding Network Supporterline
0300 100 0210

La Leche League Helpline
0345 120 2918

NCT Helpline
0300 330 0771

Breastfeeding apps
Download our free Breast Start NHS app now from iTunes or the Google app store.

Baby Buddy App
www.bestbeginnings.org.uk

Infant Sleep App
www.isisonline.org.uk/app/
Sutton Children’s Health Services are delivered by The Royal Marsden NHS Foundation Trust and funded by London Borough of Sutton.