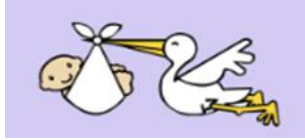


Postnatal Discharge Infant Feeding Support

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.



Congratulations on the birth of your baby. By now you will have probably decided how you wish to feed your baby. However, if you are undecided or would like any information or support to help you make a decision, please contact the Infant Feeding Team or ask your health care professional to refer you to us on your behalf.

You can call the **Infant Feeding Team** at any time on **0151 290 4166** and leave a message, we will always return your call. Alternatively, you can email us at InfantFeedingTeam@sthk.nhs.uk

Please be aware that our phone line and email address are not accessible to us outside of normal working hours, so if your query is urgent, please contact the maternity bleep-holder via switchboard **0151 426 1600** (24 hours).

After you have been discharged from the hospital or following your home delivery, the Infant Feeding Team will contact you by telephone to offer you support with feeding your baby. You will also be contacted by your local peer support team by telephone or text.

Local Infant Feeding Peer Support Team Contact Numbers

St Helens	0300 300 0103 / 07919 305 174
Knowsley	0151 244 4387
Halton	0300 029 0029
Liverpool	0151 233 6874
Sefton	0151 291 8010 / 07921 388 535
Warrington	01925 867835
Wigan	07742 234 496 / 01942 777 903
Wirral	0151 604 8288



Alternative useful contacts

National Breastfeeding helpline

0300 100 0212 (9.30 am - 9.30 pm every day of the year)
www.facebook.com/nationalbrestfeedinghelpline

Breastfeeding network

0300 1000210
www.breastfeedingnetwork.org.uk

Association of Breastfeeding Mothers

0300 3305453
www.abm.me.uk

La Leche League

0845 1202918
www.laleche.org.uk

National Childbirth Trust (8am-10pm)

0300 3300771
www.nctpregnancyandbabycare.com

Other helpful Websites

www.babywearing.co.uk

www.lcgb.org

www.feedgoodfactor.org.uk

www.thebabycafe.uk

www.babyfriendly.org.uk

www.nhs.uk/start4life

www.lcgb.org


www.kellymom.com

www.tonguetie.net

www.tongue-tie.org.uk

www.multiplebirths.org.uk

www.basionline.org.uk (sleep information)



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Warrington Road,
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www.sthk.nhs.uk