

Infant Feeding Drop In Clinic

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Who is this service for?

This service has been set up to help any parent who wishes to breast feed their baby or is already breast feeding.

We also offer support to parents who are experiencing difficulties with bottle feeding. You can also come along if you would just like to chat to other parents, partners and grandparents about their experiences, share stories and support each other.

If you are still pregnant and have not yet decided on how you will feed your baby, you can come along to discuss any infant feeding queries you may have.

We aim to offer advice and support to help you make the right choice for you and your baby.

This service is aimed at parents, but grandparents and other caregivers are also welcome.

What does the service offer?

Although the service offers information and advice for feeding issues only, if you have other difficulties that are discussed during the session, you will be offered help and support as appropriate.

If we cannot help at this session you will be directed to someone else who can offer further help.

The service is run on a drop-in basis.

That means that you do not have to make an appointment, you can just turn up.

When does the drop-in clinic run?

The clinic is available: **Every Friday between 10.00 am - 12.00 midday (except bank holidays)**

The clinic is held at: **Whiston Hospital
Parent Education Room
Level 2 (just past the scan department)**

Light refreshments will be available.

***** If our Infant Feeding Drop-In Clinic is not operational for whatever reason the Infant Feeding Team will arrange an appointment for you to come and see us at your convenience *****

Useful contacts

The Whiston Hospital Infant Feeding Team will contact you by phone shortly after you return home with your baby to make sure you have all the support you need. Additionally, you can call the Infant Feeding Team at any time on:

0151 290 4166

Please leave a message, we will always return your call. Alternatively, you can email us on:

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 Ward 2E or the maternity bleep-holder via switchboard (24 Hours) 0151 426 1600.

Other Useful contacts

**National Breastfeeding helpline
0300 100 0212
(9.30 am - 9.30 pm every day of the year)**

**Unicef Baby Friendly Initiative website
www.babyfriendly.org.uk/**

**Breastfeeding network website
www.breastfeedingnetwork.org.uk**

**Best Beginnings (From bump to breastfeeding DVD)
www.bestbeginnings.org.uk**



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk