

Postnatal Discharge Infant Feeding Support

**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.



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

or you can attend our weekly **Infant Feeding Drop In Clinic** (every Friday except bank holidays between 10 am and 12pm in the Parentcraft Room at Whiston Hospital).

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 Breastfeeding Peer Support Contact Numbers:

St Helens	01744 371111 / 07919 305 174
Knowsley	0151 514 2666
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/nationalbreastfeedinghelpline

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.kellymom.com www.tonguetie.net

www.tongue-tie.org.uk

www.multiplebirths.org.uk

www.basionline.org.uk (sleep information)



**Mersey and West Lancashire
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NHS Trust

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

www.MerseyWestLancs.nhs.uk