

**Help with breastfeeding for Merton mothers**

You are not alone. There is support and help available to all mothers who breastfeed ranging from professional advice, peer-support, helplines, websites and apps. This leaflet provides information about the services available in Merton.

| **Group and one-to-one support** | | |
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| Professional advice and support from breastfeeding councillors is available to help you with breastfeeding. | | |
| **Name and venue** | **Day and time** | **Booking information** |
| **Breastfeeding drop-in (run by Merton Health Visiting)**  Church Road Children’s Centre, 243 Church Rd, CR4 3LS | Wednesdays  13:00 – 14:30 | Drop-in  First come first serve  Free service |
| **Tweeddale Children’s Centre Breastfeeding Clinic (run by St Helier Midwifery Service)**  Tweedale Children’s Centre, Tweedale Road, Carshalton, Surrey, SM5 1SW | Thursdays  10:00 – 12:00 | Drop-in  First come first serve  Free service  To check times call: **07975 232 374** |
| **Café La Leche Merton in Wimbledon**  Hill side Church, 37 Worple Road, SW19 4JZ | Tuesdays  10:00 – 12:00  (two session per month) | Drop-in  First come first serve  Free service  Please check website for updates |
| **NCT Wimbledon Breastfeeding Drop In**  Gooseberry Bush Café, 115 Kingston Road, SW19 1LT | Thursdays  10:00 – 12:00  (last entrance 11:30) | Drop-in  First come first serve  Free service |
| **Kingston Hospital Infant Feeding Team**  Galsworthy Road, Kingston upon Thames, Surrey, KT2 7QB | - | By appointment at; call  **07595 091 974** for a telephone consultation  Free service  For babies born at Kingston Hospital; seen up to 28 days after birth |
| **Breastfeeding London Clinic**  SW19 3DS | Tuesdays  9:00 – 12:00 | By appointment only; call **07414 490 090** to book  Free service |

| **Helplines** | |
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| When you can’t see someone face-to-face, support is just a phone call away. | |
| **Merton Health Visiting Service**  HELPLINE: 03300 539 264  *3:00 pm – 5:00 pm Mon – Fri* | **National Breastfeeding Helpline**  HELPLINE: 0300 100 0212  *9:30am to 9:30 pm Mon – Sun*  <http://www.nationalbreastfeedinghelpline.org.uk>  Image result for national breastfeeding helpline |
| **Breastfeeding Network (BFN)**  HELPLINE: 0300 1000 210  *9:30am to 9:30 pm Mon – Sun*  <http://www.breastfeedingnetwork.org.uk> | **La Leche League**  HELPLINES: 0345 120 2918 / 0845 120 2918  <http://www.laleche.org.uk>  Mother–to–mother support  Image result for la leche league |
| **Association of Breastfeeding Mothers (ABM)**  HELPLINES: 08444 122 949 /0300 330 5453  *9.30am - 10.30pm Mon – Sun*  <http://www.abm.me.uk> | **National Childbirth Trust (NCT)**  HELPLINE: 0300 330 0771  *8am – midnight Mon – Sun*  [www.nct.org.uk](http://www.nct.org.uk)  Image result for National Childbirth Trust |

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| **Useful websites** | |
| **First Steps Nutrition Trust:** Independent public health nutrition charity. Evidence based resources include information on infant milks, commercial baby foods and healthy eating. | **UNICEF Baby Friendly Initiative:** Excellent breastfeeding videos, information and resources for parents.  <https://www.unicef.org.uk/babyfriendly>  Image result for unicef bfi logo |
| **Global Health Media:**  Videos to help with positioning, attachment and other common breastfeeding queries.  <https://globalhealthmedia.org/videos/> | **Baby Sleep:**  Research evidence about biologically normal sleep for human babies. App available.  <https://sites.durham.ac.uk/basis> |
| **Breastfeeding Network drugs in breastmilk information:**  [druginformation@breastfeedingnetwork.org.uk](mailto:druginformation@breastfeedingnetwork.org.uk)  or  Facebook Page The breastfeeding Network Drugs in Breastmilk information service |  |

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| **Apps** | |
| **Baby Buddy app**:  [www.bestbeginnings.org.uk/babybuddy](file:///C:\Users\ibaker\AppData\Roaming\Microsoft\Word\www.bestbeginnings.org.uk\babybuddy)  Image result for baby buddy app | **NHS Breast Start app:** |

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