

**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 | Wednesdays13:00 – 14:30 | Drop-inFirst come first serveFree service |
| **Tweeddale Children’s Centre Breastfeeding Clinic (run by St Helier Midwifery Service)** Tweedale Children’s Centre, Tweedale Road, Carshalton, Surrey, SM5 1SW | Thursdays10:00 – 12:00 | Drop-inFirst come first serveFree serviceTo check times call: **07975 232 374** |
| **Café La Leche Merton in Wimbledon**Hill side Church, 37 Worple Road, SW19 4JZ | Tuesdays10:00 – 12:00(two session per month) | Drop-inFirst come first serveFree service Please check website for updates |
| **NCT Wimbledon Breastfeeding Drop In**Gooseberry Bush Café, 115 Kingston Road, SW19 1LT | Thursdays10:00 – 12:00(last entrance 11:30) | Drop-inFirst come first serveFree service |
| **Kingston Hospital Infant Feeding Team**Galsworthy Road, Kingston upon Thames, Surrey, KT2 7QB | - | By appointment at; call  **07595 091 974** for a telephone consultationFree serviceFor 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 bookFree 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 supportImage 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  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%3A%5CUsers%5Cibaker%5CAppData%5CRoaming%5CMicrosoft%5CWord%5Cwww.bestbeginnings.org.uk%5Cbabybuddy)Image result for baby buddy app | **NHS Breast Start app:** |

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