



# East Kent Infant Feeding information

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There are many places where you can find feeding support within East Kent. Below are details of different options you may like to explore. Please have a look at their websites and contact them for group dates and times.

## Health Visiting Service

Kent Community Health Foundation Trust run breastfeeding drop-in clinics across Kent and welcome all breastfeeding women and their partners. These are great if you are struggling, need motivation, have questions, or simply want to meet other women who are breastfeeding. You can find out more information via their website.

[www.kentcht.nhs.uk/service/kent-baby/breastfeeding-support/](http://www.kentcht.nhs.uk/service/kent-baby/breastfeeding-support/)

Most breastfeeding problems can be solved with some support and reassurance. However, we know that some people may need more detailed or specialist support to help them in their breastfeeding journey. Referrals to the specialist service can be made via a health professional.

**Beside You** offers support for breastfeeding in Kent and Medway. No matter what stage of your breastfeeding journey you are at, they are there to help. Check out the website which is full of information for pregnant and breastfeeding women and their supporters.

[www.wearebesideyou.co.uk/](http://www.wearebesideyou.co.uk/)

## La Leche League

Breastfeeding support groups run throughout East Kent. Details of meetings can be found on the website

[www.laleche.org.uk/](http://www.laleche.org.uk/)



### **Association of Breastfeeding Mothers (ABM)**

Weekly breast/chest feeding support attended by an ABM breastfeeding counsellor and mother supporters.

[www.dealbreastfeedingsupportgroup.co.uk/](http://www.dealbreastfeedingsupportgroup.co.uk/)

### **Kent Baby Matters**

Help with breastfeeding from a Lactation Consultant, mum to mum support from peer supporters. Information can be found at [www.kentbabymatters.org](http://www.kentbabymatters.org)

### **Useful websites**

Below are some websites you may find useful. They offer evidence based information around infant feeding. Please speak to your midwife or health visitor if you have concerns about feeding your baby.

- **National Breastfeeding Helpline** offer independent, confidential, mother-centred, non-judgmental breastfeeding support and information [www.nationalbreastfeedinghelpline.org.uk/](http://www.nationalbreastfeedinghelpline.org.uk/)
- **NHS** information about breastfeeding and expressing breastmilk [www.nhs.uk/start4life](http://www.nhs.uk/start4life)
- **Unicef Baby Friendly Initiative** [www.unicef.org.uk/babyfriendly/](http://www.unicef.org.uk/babyfriendly/)
- **The Breastfeeding Network** aims to be an independent source of support and information for breastfeeding women and others [www.breastfeedingnetwork.org.uk/](http://www.breastfeedingnetwork.org.uk/)
- Find evidence based information about formula milks from **The First Steps Nutrition Trust** [www.firststepsnutrition.org/](http://www.firststepsnutrition.org/)

### **Sling libraries**

Many parents find using a sling, wrap, or a baby carrier really helpful. A sling library can help you find the right carrier for you and your baby. They can make sure you feel confident to carry your baby safely and comfortably.

- **Kent Baby Matters** [www.kentbabymatters.org/kent-sling-library/](http://www.kentbabymatters.org/kent-sling-library/)

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