



East Kent Infant Feeding information

Covid-19 update. Although support groups are unable to run at present, the services listed below are still able to provide support. Many are using telephone and video calls or hosting meetings online. Please contact individual organisations to see how they are offering support.

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/

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. Online referral forms can be found using the link below.

www.kentcht.nhs.uk/service/kent-baby/specialist-breastfeeding-service/

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/

La Leche League

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

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/

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

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/
- **NHS** information about breastfeeding and expressing breastmilk www.nhs.uk/start4life
- **Unicef Baby Friendly Initiative** 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/
- Find evidence based information about formula milks from **The First Steps Nutrition Trust** 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.

- **East Kent Slings** eastkentslings.co.uk/
- **Kent Baby Matters** www.kentbabymatters.org/kent-sling-library/

East Kent Hospitals Infant Feeding Coordinators Kate Lynch and Phil Parrett welcome queries via email ekhuft.infantfeeding@nhs.net