

Local Breastfeeding Drop-In

Come along for help, information, support or just a chat! All pregnant mums, new babies and toddlers welcome.
For more information please visit www.amazingbreastmilk.nhs.uk

MONDAY

Bumps & Breastfeeding
(Lactation Consultant available most weeks)

Mon 9.30-11.30am

Hyde Flowery Children's Centre,
Old Rd, Hyde, SK14 4SQ
Tel 0161 351 9664

Bumps & Breastfeeding

Mon 9.30-11am (Term time only)

Healthy Baby Clinic,
St. Peter's Children's Centre,
Trafalgar Square, A-U-L, OL7 0LL,
Tel 0161 343 6288

Feeding Together

Mon 10-12md

Youth Centre, Newshaw Lane,
Hadfield, SK13 2AT
Tel 01457 854465
(please ring to confirm venue)

TUESDAY

Breastfeeding Support

Tues 10.00-12md

IKEA Cafe, A-U-L OL6 7TE
(toddler friendly)

WEDNESDAY

Breastfeeding Support

Wed 10-12md

Tel- 01457 852114 / 01457 864465
Pure Vibes/ Whitfield Community Centre, Ebenezer Street, SK13 8JY

Breastfeeding Support

Fri 9.30-10.30am

Greenside Lane Children's Centre, Droylsden, M43 7RA
Tel 0161 342 5194

THURSDAY

Breast feeding support at Bouncing Babies Tameside

Thursday 10 – 11.30am

New Life Centre
St James Street
OL6 6SF

NHS Choices

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/benefits-breastfeeding>

UNICEF Baby Friendly Initiative

<http://www.unicef.org.uk/BabyFriendly/>

Kelly Mom

<http://kellymom.com/>

The Milk Meg

<https://themilkmeg.com/>

Updated January 2018

Local and National Contact Numbers

Home Start Breastfeeding Support Tameside (Mon-Fri 9am-4pm)

www.home-starthost.org.uk

@HomeStartHOST

0161 344-0669

National breastfeeding helpline (9.30am-9.30pm)

www.nationalbreastfeedinghelpline.org.uk

@NBHelpline

0300 100 0212

Association of Breastfeeding Mothers

www.abm.me.uk

@AssocBfMothers

08444 122 949

The Breastfeeding Network

www.breastfeedingnetwork.org.uk

@BfN_UK (English)

0300 100 0210

La Leche League

www.laleche.org.uk

0845 120 2918

National Childbirth Trust

www.nct.org.uk

@NCTcharity

0300 330 0772



Top Tips for Feeding when you're out & about

- Practice feeding your baby in the mirror- you will be able to see that no-one can see anything!
- A blanket or scarf draped over you can help to keep you covered if you want to.
- Wear easy clothes to feed in - a vest under a top to cover your tummy but still easy access to your breast
- Make sure you feel comfortable before you start.
- Take someone with you the first time, to build your confidence.
- Plan ahead. Where might you feel most comfortable and aim to be there when your baby is hungry.
- It's your legal right to feed your baby in public, if you chose to do so.
- Call in at any Clinic or Children's Centre to breastfeed anytime they are open.