

# Breastfeeding drop-in groups in Greenwich

## for all pregnant and breastfeeding mothers and their families

These groups are run by Health Visitor teams; Breastfeeding Advocates & volunteer MUM2MUM supporters who all know a lot about breastfeeding & have leaflets, books and DVD's to help you

- Get started with breastfeeding
- If you have questions or problems with breastfeeding, using formula milk and starting solid foods
- When returning to work
- When you are ready to stop breastfeeding
- Relax and meet other local mothers

Monday	Time	Contact no
<b>Sherington</b> Children's Centre, Sherington Road, Charlton, SE7 7JP	10.00 – 12.00	020 8305 3140
<b>Discovery</b> Children Centre Battery Road, Thamesmead, SE28 0JN	10.00 – 12.00	020 8855 2470 xtn3
Tuesday		
<b>Alderwood</b> Children's Centre, Rainham Close, Eltham, SE9 2JH	10.00 – 12.00	020 8850 5927
<b>The Slade</b> Children's Centre, Erindale Rd, Plumstead, SE18 2QQ	10.00 – 12.00	020 8836 9252
Deptford Breastfeeding Group*, Shaftesbury Centre, Frankham Street, Deptford, SE8 4RN	10.00 – 12.00 Term time	07946348733 *NCT BfN led
Wednesday		
<b>Storkway</b> Children's Centre* <i>note new time</i> Ridgebrook Road, Kidbrooke, SE3 9QX	<b>*10.00-12.00 from 23/7/14</b>	020 8331 1970
<b>Mulberry Park</b> Children's Centre Boxgrove Road, Abbey Wood, SE2 9JP	10.00 – 12.00	020 8310 0040
Thursday		
<b>Brookhill</b> Children's Centre, 130 Brookhill Road, SE18 6UZ	10.00 – 12.00	020 8319 5320
Friday		
<b>Quaggy</b> Baby Café Local* Holy Trinity Centre, Bennett Grove, Lewisham SE13 7QZ	12.00 – 14.00	020 8465 9785 *NCT led group
<b>Robert Owen</b> Children's Centre 43 Commerell St, Greenwich, SE10 0EA	10.00 – 12.00	020 8858 0529

## Out of hours help - National Telephone & On-line Breastfeeding support

**Breastfeeding counsellors** are mothers who have breastfed and have trained with one of the voluntary organisations and can offer telephone help with breastfeeding at weekends & evenings. You do not need to be a member of these organisations for help

Voluntary Organisation	Open	Helpline
National Childbirth Trust (NCT) <a href="http://www.nct.org.uk">www.nct.org.uk</a>	8am – 10pm	0300 330 0700
La Leche League (LLL) <a href="http://www.laleche.org.uk">www.laleche.org.uk</a>	24 hrs daily	0845 120 2918
Breastfeeding Network (BfN) <a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a>	9.30am - 9.30pm	0300 100 0210
Association of Breastfeeding Mothers <a href="http://www.abm.me.uk">www.abm.me.uk</a>	9.30am - 10.30am	0300 330 5453
National breastfeeding helpline <a href="http://www.breastfeeding.nhs.uk">www.breastfeeding.nhs.uk</a>	9.30am – 9.30pm	0300 100 0212

This information correct at May 2014 call centre to check [www.greenwichbreastfeeding.com](http://www.greenwichbreastfeeding.com)

# Breastfeeding Out & About in Greenwich

Breastfeeding in public can mean breastfeeding in front of a relative or friend in your own home, or in a public place, such as a café or shopping centre.

During your baby's early days, you may prefer to breastfeed only where you feel most comfortable. But, as you get more used to doing it, you're likely to feel more confident about breastfeeding in front of other people when you're out and about.

## Here are some ideas to help you get started:

- Practise in front of a friend or a mirror
- Take someone with you - a friend, family member or your partner or go with other mums – anyone supportive you can sit and talk to
- Go to a **breastfeeding group**, meeting other breastfeeding mothers helps with practical ideas and to find out about local places to go that are breastfeeding and baby friendly
- Plan ahead when out, so you know of places you will feel comfortable feeding in.
- A list of breastfeeding groups and baby friendly places is available at [www.greenwichbreastfeeding.com](http://www.greenwichbreastfeeding.com)
- Avoid the loos – don't feel that you should sit in a public toilet to breastfeed. You wouldn't eat in there so don't feel that your baby should
- It helps to feed on early signs of hunger, before your baby is crying

**Remember you are doing the right thing! You are giving your baby the best food and it's good for you too. Plus it is ready in seconds and you have no bottles to pack**



## Think about clothes...

Button opening tops & shirts make it easier to breast feed – especially in the early days when you are learning how to feed

Tops that lift up cover up more when you are out and about and need to breastfeed.

Wearing two vest tops – pulling one up and one down to feed – or a cardigan also exposes less chest and tummy

Many breastfeeding mums use a scarf or baby muslin to make feeding more discrete

Some baby slings are designed so that you can breastfeed while your baby is still in the sling

## Did you know?

The 2010 Equality Act means it is against the law for anyone to ask you to stop breastfeeding or do it somewhere more private, or to leave because you are breastfeeding. You shouldn't be made to feel uncomfortable about breastfeeding in public.

Visit [www.greenwichbreastfeeding.com](http://www.greenwichbreastfeeding.com) May 2014