

Breastfeeding drop-in groups in Greenwich

for all pregnant and breastfeeding mothers and their families

These groups are run by trained Breastfeeding Advocates from Oxleas NHS Health Visitor teams. There are also leaflets, books and DVD's to help you

- Get started with breastfeeding
- With questions or problems about breastfeeding, using formula milk and starting solid foods
- With breastfeeding in public
- When returning to work
- When you are ready to stop breastfeeding

Greenwich Breastfeeding groups are not just for problems, you can relax and meet other local mothers and find out about family activities and support available at the Children's Centres.

Monday	Time	Contact no
Sherington Children's Centre, Sherington Road, Charlton, SE7 7JP	10.00 – 12.00	020 8305 3140
Tuesday		
Alderwood Children's Centre, Rainham Close, Eltham, SE9 2JH	10.00 – 12.00	020 8850 5927
The Slade Children's Centre, Erindale Rd, Plumstead, SE18 2QQ	10.00 – 12.00	020 8854 7900
Wednesday		
Storkway Children's Centre Ridgebrook Road, Kidbrooke, SE3 9QX	10.00 – 12.00	020 8331 1970
Discovery Children's Centre Battery Road, Thamesmead, SE28 0JN	10.00 – 12.00	020 8855 2470 xtn3
Thursday		
Brookhill Children's Centre, 130 Brookhill Road, SE18 6UZ	09.30 – 11.30	020 8319 5320
Friday		
Quaggy Baby Café Local (NCT led group open to all) Holy Trinity Centre, Lewisham SE13 7QZ	12.00 – 14.00	020 8465 9785

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. They can offer telephone help with breastfeeding, including at weekends & in the evening. You do not need to be a member of these organisations for help.

Voluntary Organisation websites	Open	Helpline
National Childbirth Trust (NCT)	8am – 12pm	0300 330 0700
La Leche League GB (LLL)	24 hours daily	0845 120 2918
Breastfeeding Network (BfN)	9.30am – 9.30pm	0300 100 0210
Association of Breastfeeding Mothers	9.30am - 10.30pm	0300 330 5453
National breastfeeding helpline	9.30am – 9.30pm	0300 100 0212

This information correct in September 2016 call centre to check for your first visit

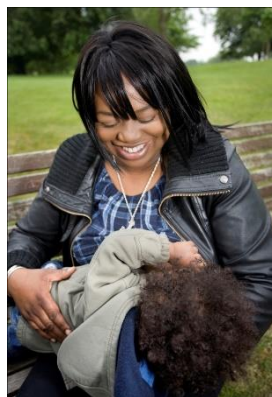
Breastfeeding Out & About in Greenwich

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 in Greenwich is available at 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 feel more covered up while feeding

See what breastfeeding mothers say on [NHS CHOICES Breastfeeding in public](#)

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.