

Support clinics

Health visiting service

www.southernhealth.nhs.uk/healthvisiting

Child health advice clinics

www.southernhealth.nhs.uk/childhealthclinics

Breastfeeding support service

www.southernhealth.nhs.uk/breastfeeding

National breastfeeding helpline

0300 100 0212

9.30am-9.30pm everyday

www.nationalbreastfeedinghelpline.org.uk



My health visitor is:

My infant feeding clinic is:

Duty health visitor number:



For more information about our health visiting service please visit us at www.southernhealth.nhs.uk

This information is available in other formats and languages including large print, braille and audio.

**Please contact:
Communications and Engagement
023 8087 4666**



@Southern_NHSFT



Southern Health

Become a member of our Trust.
Email: membership@southernhealth.nhs.uk
or call 023 8087 4253

www.southernhealth.nhs.uk



Quality care, when and where you need it



Southern Health **NHS**
NHS Foundation Trust

Infant feeding support

Whether you are breastfeeding, bottle feeding or a combination of both, your midwifery and health visiting teams are able to offer advice and support for feeding your baby.



Health Visiting
CHILDREN'S SERVICES
Today's health, Tomorrow's future

Support during pregnancy

Your midwife and health visitor will arrange to see you during your pregnancy.

- Midwifery appointment will include advice on infant feeding before the baby is born
- Health visiting antenatal appointment - offered to all women from 28 weeks of pregnancy - to help you prepare for your baby's arrival, discuss feeding options and provide support
- Breastfeeding support groups - lead by the health visiting service – welcome pregnant women - they are a great place to meet other parents, explore your options and build networks of support



Support after your baby is born

You can get infant feeding support from your midwife and health visitor.

Midwives provide one to one breastfeeding assessment clinics, until your baby is 28 days.

Health visitors offer:

- A telephone contact when your baby is between 4-6 days old, to discuss how feeding is going and any worries or concerns that you may have
- A home visit when your baby is between 10-14 days to review feeding, growth and development and provide advice and support
- Health visiting child health clinics including infant feeding advice
- Breastfeeding support clinics



Additional support at any time

You and your family can also access additional infant feeding support and advice via:

- Midwifery breastfeeding assessment clinics for babies under 28 days led by a trained midwife - by appointment
- Breastfeeding support clinics led by a trained health visitor
- One to one consultation with a health visitor to discuss infant feeding problems either at a child health advice clinic or at home
- Telephone consultation with a duty health visitor Monday-Friday 9am-5pm

For more complex feeding problems, the health visitor will assess and agree with you the most appropriate plan and, if required, will arrange a referral to another specialist service whilst providing ongoing support and advice.

