

Breastfeeding: the *best* choice. Breastfeeding support: *your* choice.

Congratulations on the birth of your baby and for deciding to breastfeed. We are here to support you with your breastfeeding in a number of ways - it is your choice how and where you receive this support.

Midwife, Health Visitor and Family Nurse

Your midwife, health visitor (HV) or family nurse will provide infant feeding information and support. This is part of your routine antenatal and postnatal care.

For more information visit our web pages at www.nhsfife.org and type **Breastfeeding** into the search box.

By telephone

A breastfeeding support worker (BSW) will try to phone you to see how things are going. This will be shortly after you get home from hospital. You can also ask for information or support from the BSW team by calling **01383 565331** or emailing fife.breastfeeding.supportworkers@nhs.scot

You can email any questions you have about breastfeeding to the BSW team. We will try to get back to you within 48 hours. Our email address is **fife.breastfeedingsupportworkers@nhs.scot**

At home

Your local BSW can visit you at a time that suits you, in the comfort of your own home. They can stay and watch baby feeding and provide help with any aspect of breastfeeding throughout your breastfeeding journey.
01383 565 331

Breastfeeding Groups

A number of breastfeeding groups run throughout Fife. See the NHS Fife website or ParentClub website for full details.
<https://www.parentclub.scot/articles/finding-breastfeeding-support>

Specialist help

Breastfeeding isn't always easy, but don't worry! Your midwife, family nurse, health visitor or breastfeeding support worker can refer you to an infant feeding advisor (IFA) if you experience challenges they cannot help you resolve. The IFA will work with you to find out what isn't working well and help you to make things better. You can also refer yourself. Phone **07810 63 77 67** to arrange a maternity clinic appointment (babies under 28 days). For specialist support at home (at any age), phone **07748 704 901**.

Fife Health and Social Care Partnership (HSCP) and breastfeeding voluntary organisations run breastfeeding groups, virtual breastfeeding groups and social media support pages.

More information about breastfeeding groups and social media activity can be found by visiting the ParentClub website and voluntary organisation websites.



For breastfeeding support information:

<https://www.parentclub.scot/articles/finding-breastfeeding-support>

This includes a Postcode finder so you can find out what is available near you.

For general parenting information: <https://www.parentclub.scot/>

Details of parenting support in your local area will be available from your Health Visitor or Family Nurse.

The National Breastfeeding Helpline offers non-judgmental, independent, evidence based, mother centred breastfeeding information, support and reassurance.

The helpline is open on 0300 100 0212 every single day of the year, 9.30am - 9.30pm.

All calls are answered by volunteers – all are mums who have breastfed, and have been trained by the Breastfeeding Network or the Association of Breastfeeding Mothers.

A webchat service is also available:

<https://www.breastfeedingnetwork.org.uk/chat/>

Voluntary organisations also provide breastfeeding support. You can phone them or visit their websites for further information.

Organisation

Telephone

Breastfeeding Network

www.breastfeedingnetwork.org.uk

0300 100 0210

La Leche League (24 hours)

www.lll-fife-tayside.co.uk

0845 120 2918

Association of Breastfeeding Mothers

<http://abm.me.uk>

0300 100 0212

National Childbirth Trust

www.nct.org.uk

0300 330 0700

The information in this leaflet is available by visiting **www.nhsfife.org** and typing **breastfeeding** in the search box.

If any information needs updating, please contact
IFA (Community) 01383 565483 / 07748704901

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.equalityandhumanrights@nhs.scot or phone 01592 729130.

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