Breastfeeding help and support

It can take a while to feel confident about breastfeeding, but you are not alone. Your midwife, health visitor and community paediatric team are there to help, guide and support you. There's also lots of advice available online or via support groups, helplines and websites. Some of the national breastfeeding support groups are listed below. Your named midwife or health visitor will be able to advise you of local drop in and support groups.

Online support

Breastfeeding Friend from Start4life

If you have any breastfeeding questions, the Breastfeeding Friend voice assistant from Start4life is a digital tool with lots of useful information and expert advice to share with you. All the information provided is NHS-approved and based on questions asked by thousands of new mums.
Whether you're experiencing breastfeeding difficulties, you've got sore nipples, or you want to know about vitamins and what you should include in your diet – if it's a breastfeeding related question, the Breastfeeding Friend can help you.
Available on:

- **Amazon Alexa**
- **Google Home**
- **Facebook Messenger**

Support Groups and Websites

- Baby Café is a network of breastfeeding drop-in centres. Find your nearest drop-in by entering your postcode or talk to your midwife, health visitor or GP.
- Bliss is a special-care baby charity that provides vital support and care to premature and sick babies across the UK.
- UNICEF Breastfeeding resources covers a range of issues around establishing and continuing successful breastfeeding
- The Breastfeeding Network provides breastfeeding support and information.
- La Leche League offers 1-to-1 support with breastfeeding.
- Lactation Consultants of Great Britain: find a lactation consultant near you.
- Twins and Multiple Births Association (TAMBA): feeding twins and triplets.
- National Childbirth Trust (NCT) is a charity that provides information and support on all aspects of pregnancy, birth and early parenthood, including breastfeeding.
- UK Association for Milk Banking has information about using donated breast milk if your baby is premature or ill, and how to donate breast milk.

Helplines

- National Breastfeeding Helpline: 0300 100 0212
- Association of Breastfeeding Mothers: 0300 330 5453
- La Leche League: 0345 120 2918
- National Childbirth Trust (NCT): 0300 330 0700
- The Breastfeeding Network support line in Bengali and Sylheti: 0300 456 2421

One-to-one support

Midwives, health visitors and locally trained volunteer mothers (peer supporters) are there to help you get breastfeeding off to a good start. They can give you lots of information and support just when you need it.

If you need to speak to your midwife or health visitor in between appointments, you should find their contact details in your baby's red book.

How your partner can support breastfeeding

Getting support from a partner can be very helpful when you're breastfeeding.

Practical ways partners can help with breastfeeding include:

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- giving emotional and practical support – praising and encouraging someone who is breastfeeding can help to build their confidence

- making life easier – for example, bring your partner dinner if the baby wants to feed at the same time, or bring them a cup of tea, a glass of water and a magazine while they're feeding the baby, or perhaps arrange for family or friends to keep your partner company while you're at work.

- doing your bit around the home – so your partner can focus on breastfeeding.

- providing some stress relief – if you have young children, take the stress away from your partner by keeping them entertained when the baby is feeding

- getting involved in your baby's care – bathing your baby, changing nappies and helping at bedtime are great ways to get close to your baby

- giving your baby a bottle of breast milk – once your partner feels happy and confident with breastfeeding, they may choose to begin expressing breast milk – you could give your baby a bottle of breast milk.