

Breastfeeding drop-in groups in and around Bexley

for all pregnant and breastfeeding mothers and their families

These friendly groups, where you can relax and meet other mothers, are run by NHS staff and breastfeeding specialists who know a lot about infant feeding & can help you:

- Get started with breastfeeding
- If you have questions or problems with breastfeeding
- When you are ready to stop breastfeeding
- If using infant formula
- When introducing solids
- When returning to work

The 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
Danson Children's Centre, Brampton Rd, Bexleyheath DA7 4EZ	12.00 - 14.00	020 8303 6052
Tuesday		
Alderwood Children's Centre, Rainham Close, Eltham SE9 2JH	10.00 – 12.00	020 8850 5927
Wednesday		
St Augustine's Children's Centre, St Augustines Road, DA17 JHP	13.00 – 15.00	020 3045 4710
Discovery Children's Centre, Battery Road, Thamesmead SE28 0JN	10.00 – 12.00	020 8855 2470 xtn3
Sidcup Baby Café, North Cray Neighbourhood Centre, 1, Davis Way, Sidcup, DA14 4JR	13.30 – 15.15	020 8308 3881
Thursday		
Erith Baby Group, Erith Health Centre, 50 Pier Rd, Erith DA8 1RQ	10.00 – 11.30	020 8319 5320

Free telephone and on-line baby feeding support and information

Voluntary Organisation	Open	Helpline
<u>National Childbirth Trust (NCT)</u>	08.00 – 22.00	0300 330 0700
<u>La Leche League (LLL)</u>	24 hours	0845 120 2918
<u>Breastfeeding Network (BfN)</u>	09.30 – 21.30	0300 100 0210
<u>Association of Breastfeeding Mothers (ABM)</u>	09.30 – 22.30	0300 330 5453
<u>National breastfeeding helpline</u>	09.30 – 21.30	0300 100 0212
<u>Start4life</u> (helpful information and video clips about breastfeeding)		
First Steps Nutrition Trust (reliable information about infant formula) www.firststepsnutrition.org		
Local volunteers		
Helene Hamilton Aishah Safdar Judianne Sherrell	NCT Breastfeeding counsellors	020 8850 6864 07854 120443 01322 224072
Alison Davis Trish Molinari	Breast pump agents	020 8300 4970 020 8300 2606

Breastfeeding Out & About in Bexley

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:

- Practice 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.
- 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.