

Children's Centres

A place where you can access your Midwife and Health Visitor or attend a Breastfeeding Group to meet other Mums. Staff are trained to welcome and support you as your family grows, just ask if you need somewhere to sit down to feed.

Breastfeeding Groups

Breastfeeding peer supporters are volunteers in your community, who have breastfed and trained to support you in your breastfeeding journey.

They are available at breastfeeding groups to chat about feeding or just to be there for when you need anything. Come along and make new friends!

Breastfeeding Specialists

Lactation Consultants and Breastfeeding Counsellors have trained in breastfeeding for many years and are available to answer any questions you might have about breastfeeding, as well as support you with more challenging issues at breastfeeding groups across Kent.