

Family & Friends

There are lots of ways for family and friends to support you in your breastfeeding journey. Don't forget to ask for help even if you don't think you need it.

Community

The law protects breastfeeding Mums and Babys in public places, but we have gone one step further in Kent. Cafes, restaurants, libraries and other buildings open to the public choose to display a breastfeeding welcome sticker so that you can be sure they know their obligations under the law.

Midwives & Health Visitors

Throughout your pregnancy, delivery and after baby arrives you will be supported by your Midwife, Health Visitor and GP to learn about breastfeeding, get off to a good start, and continue to breastfeed once you are home.