

Infant feeding support in Halton



Did you know that in Widnes and Runcorn there is a specialist Infant Feeding Team who will visit you in your home on discharge from hospital? The team also offer telephone support and run local breastfeeding groups.

They can help you with:

- good positioning & attachment,
- recognising signs your baby is hungry,
- how to recognise if your baby is getting enough milk,
- using a hand or electric pump,
- increasing your milk supply,
- feeding out and about,
- support through difficulties such as thrush, mastitis & sore nipples,
- responsive feeding,
- introducing solid foods (from 6 months).



For more information call the team on:

0300 029 0029

(Office hours Mon - Fri 9am to 5pm)

or visit www.haltonhealthimprovement.co.uk

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HEALTH IMPROVEMENT TEAM

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Breastfeeding Groups Timetable

Runcorn and Widnes Breastfeeding Groups are a supportive and social environment where you can talk to infant feeding staff, children's centre staff, volunteers and other parents.

Breastfeeding Groups in Runcorn and Widnes. These groups are all drop-in sessions.

Location	Day and Time	Organiser	About
Ditton Library Queens Avenue, Widnes WA8 8HR	Tuesday 12 noon - 1.00pm	Widnes Children's Centre	Friendly breastfeeding advice and support run by Children's Centre staff.
Halton Lodge Children's Centre Grangeway, Halton Lodge, Runcorn WA7 5LU	Wednesday 1pm - 2.30pm	Infant Feeding Team	Group meets in a privately booked room. Come and meet our infant feeding staff, volunteers and other mums.
Community Hub (upper level of Town Square) Runcorn Shopping City	Thursday 10am - 11am	Infant Feeding Team	Group meets in a privately booked room which is found upstairs Shopping city. There is a lift and plenty of room for prams. Come and meet our infant feeding staff, volunteers and other mums.
Warrington Road Children's Centre Naylor Road Widnes	Friday 10.30am - 12 noon	Infant Feeding Team	Group meets in a privately booked room. Come and meet our infant feeding staff, volunteers and other mums.

Infant Feeding Clinic with Clinical Specialist (appointment only). For Complex, or unresolved Feeding problems (Breast or Bottle). Please speak to the Infant Feeding Team, your Health Visitor or Midwife to discuss referral.

These groups are open to pregnant women and breastfeeding mums. Feel free to bring a parent, friend or family member.

Support is also available from these organisations:

National Breastfeeding Helpline 0300 100 0212 (lines open 9.30am - 9.30pm)
www.nationalbreastfeedinghelpline.org.uk

La Leche Breastfeeding Support Helpline 0345 120 2918 8am-11pm