

Breastfeeding Support



South Tees Hospitals
NHS Foundation Trust

How can we support you on your breastfeeding journey?



Support Contacts

You can access support face to face, online or over the phone 24/7;

Maternity Advice Line
01609 763093 - 24 hour/day

Friarage Maternity Centre
Open 24/7 for breastfeeding support (call Maternity Advice Line to arrange)

National Breastfeeding Helpline
0300 100 0212 - 9.30am-9:30pm
365 days/year

Start4Life
<https://www.nhs.uk/start4life/baby/breastfeeding/>

Photo: Melanie from Middlebrough

Before Birth

Your maternity care team will aim to prepare you with all the information, skills and support you need to start your breastfeeding journey.

You will discover:

- The benefits of breastfeeding for you and your baby
- How to get breastfeeding off to a good start
- The benefits of skin to skin
- Connecting with your baby and recognising signs of hunger

This information might be given during Community Midwife appointments, at a home visit, or during Antenatal care in hospital.

After Birth

Your maternity care team will be with you to provide the support you need to get breastfeeding off to a good start,

From your baby's birth you can expect:

- Support at the first breastfeed
- Breastfeeding support throughout your hospital stay
- Continued breastfeeding support from the day following discharge from hospital/home birth.
- Support might be in the form of a home visit, telephone consultation or a clinic appointments to suit your needs.

Beyond Birth

Your maternity care team will continue to support you with breastfeeding until you feel confident. Most women need support for 10-14 days, but we offer support for up to around 28 days.

- You can have as many appointments as needed.
- Occasionally specialist support is needed - you can be referred to an Infant Feeding Key Worker or the Specialist Midwife for Infant Feeding extra support.
- After discharge from maternity care, your Health Visitor will provide ongoing support for as long as you would like or need. They can signpost you to community breastfeeding social/ support groups.

We look forward to supporting you on your breastfeeding journey!

Please ask your midwife if you have any questions.

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