

Why breastfeed?

- Breast milk provides babies with all the nutrition they need for the first six months of life and can continue to be beneficial alongside solid food for much longer.
- Breastfeeding is the healthiest option for both babies and mothers. It helps protect babies from some infections, diabetes, asthma, eczema and obesity.
- Mothers who breastfeed are less likely to develop ovarian and breast cancer and weak bones later in life.
- Breastfeeding can help you to return to your pre-pregnancy weight.
- Your milk is always ready for your baby-no need to prepare a bottle.
- Breast milk is free! Formula can cost as much as £45 a month.
- Breastfeeding helps you to feel close and bonded with your baby.

Further information

For more information about breastfeeding please contact your Midwife or Health Visitor.

You can also contact the Breastfeeding Coordinator (Homerton University Hospital NHS Foundation Trust Community

Health Services)

Tel: 020 7683 4621 or 07813 115954

Breastfeed safely

Don't breastfeed your baby in a moving car. By law all babies and children under 12 years old (or under 135cm in height) travelling in a car must use an appropriate child seat/child restraint. If you need to breastfeed your baby while you are travelling in a car, you must stop somewhere safe first.

Children's Centres

Children's Centres provide a range of services for you and your family across Hackney and the City. To find out where your nearest centre is or to find out what is on offer to you, contact:

Hackney Family Information Service:
020 8820 7590

or email fis@learningtrust.co.uk

City of London Family and Young People's Information Service:
020 7332 1002

or email fyi@cityoflondon.gov.uk

Children's Centre Website:
www.learningtrust.co.uk/childrens_centres

Other useful contacts

Hackney Maternity Helpline:
020 8510 5955 (10am-6pm)

National Breastfeeding Helpline:
0300 100 0212 (9.30am-9.30pm)

Breastfeeding Network Support Line:
0300 100 0210 (9.30am-9.30pm)

Breastfeeding Network Support Line (Bengali/Sylheti): 0300 456 2421 (9.30am-9.30pm)

La Leche League Support Line:
0845 120 2918 (day and evening)

Association of Breastfeeding Mothers Counselling Helpline: 0844 412 2949 (9.30am-10.30pm)

National Childbirth Trust (Hackney and Islington Branch): 0844 243 6147

NHS Breastfeeding website:
www.nhs.uk/planners/breastfeeding

This leaflet can be downloaded from www.cityandhackney.nhs.uk/breastfeedinggroups

Breastfeeding

in Hackney and the City

- Are you pregnant and keen to find out more about breastfeeding?
- Are you breastfeeding?
- Do you have questions or need support or advice about breastfeeding?
- Would you like to talk to other parents in your area in a friendly and relaxed setting?



Whether you are new to breastfeeding or have lots of experience, you are always welcome at any of the free sessions shown in this leaflet, drop in whenever you feel like it.

June 2011

NHS East London and the City



the learning trust
the future for education in Hackney



Breastfeeding drop-in sessions in Hackney and the City

Please telephone beforehand to confirm session is running

Monday

One O'clock Club 10am-11.30am
Clissold Park, N16 9HJ
Tel: 020 8809 6700
or 020 8815 3270

Millfields Children's Centre 10am-12pm
Elmcroft St, E5 0SQ
Tel: 020 8525 6410

Sir John Cass Children and Family Centre (Baby Clinic) 10am-12pm
1st and 3rd Monday
St. James' Passage, EC3A 5DE
Tel: 07947 558833

Linden Children's Centre 10.30am-12.30pm
86-92 Rectory Rd, N16 7SH
Tel: 020 7254 9939

Tuesday

Stamford Hill Group Practice 9.15am-10.30am
2 Egerton Rd, N16 6UA
Tel: 020 8815 4710

John Scott Health Centre (Baby Clinic) 9.30am-11am
Green Lanes, N4 2NU
Tel: 020 7683 4753

Wetherell Children's Centre 10am-12pm
17 Iveagh Close, E9 7BW
Tel: 020 8525 7093

IHSAN Children's Centre at the NLMCC 1pm-2.30pm
66-68 Cazenove Rd, N16 6AA
Tel: 020 8806 1147

Ann Tayler Children's Centre 1.30pm-3pm
1-13 Triangle Rd, E8 3RP
Tel: 020 7275 6037

Thursday

Woodlands Park Children's Centre: Sure Start Room 10am-12pm
Woodlands Park Rd, N15 3SD (Haringey)
Tel: 020 8802 0041

IHSAN Children's Centre at the NLMCC 11am-1pm
66-68 Cazanove Rd, N16 6AA
Tel: 020 8806 1147

Neaman Practice (Baby Clinic) 2pm-4pm
15 Half Moon Court, EC1A 7HF
Tel: 020 7729 1867

Sebright Children Centre 3.30pm-5.30pm
Haggerston Park, E2 8PN
Tel: 020 7749 1210

Friday

Shoreditch Community Maternity Centre 10.30am-12.30pm
Shoreditch Spa Complex, 170 Pitfield St, N1 6JP
Tel: 020 7033 6352

Please ensure your baby attends for a development review at **6-8 weeks of age**. Speak to your Health Visitor or GP to arrange.



Wednesday

Barton House Health Centre 10am-12pm
233 Albion Rd, N16 9JT
Tel: 020 7683 4955

Beis Brucha Mother and Baby Home 10am-12pm
208 Lordship Rd, N16 5ES
Tel: 020 8815 4710

Children's Centre at Gainsborough 10am-12pm
Berkshire Road, E9 5ND
Tel: 020 8525 9020

