



# East Kent Infant Feeding Information

## Information for parents from the Infant Feeding Team

Whilst you are in the hospital, maternity staff including midwives and support workers, will care for you and your baby. We also have an Infant Feeding Team, made up of infant feeding support workers and lactation consultants. This team works on the wards during the daytime on most days. We also have infant feeding support workers in the community, who work part time. They may be available to support your midwife with your care once you have had your baby.

There are also other places where you can find feeding support within East Kent. Below are details of different options you may like to explore. Please have a look at the websites and contact them for group dates and times.

### Infant feeding resources

For more information on infant feeding, please scan this QR code or click on the link.



<https://www.ekhft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=infant-feeding>

### Health Visiting Service

Kent Community Health Foundation Trust run feeding drop-in groups across Kent. These are great if you are struggling, need motivation, have questions, or simply want to meet other families. You can find out more information via the Beside You Kent (<https://www.besideyoukent.co.uk/>) web site.

Most feeding problems can be solved with some support and reassurance. However, we know that some people may need more detailed or specialist support to help them in their feeding journey.

Referrals to the specialist service can be made via a health professional.

### La Leche League

Breastfeeding support groups run throughout East Kent. Details of meetings can be found on the La Leche League (<http://www.lllkent.org.uk/>) web site.

## Association of Breastfeeding Mothers (ABM)

Weekly breast / chest feeding support, attended by an ABM breastfeeding counsellor and mother supporters. For more information, please visit the Deal Breastfeeding Support Group (<https://dealbreastfeedingsupportgroup.co.uk/>) web site.

## Useful websites

Below are some websites you may find useful. They offer evidence based information around infant feeding. Please speak to your midwife or health visitor if you have any concerns about feeding your baby.

- National Breastfeeding Helpline (<https://www.nationalbreastfeedinghelpline.org.uk/>) offer independent, confidential, mother-centred, non-judgmental breastfeeding support and information.
- NHS (<https://www.nhs.uk/start-for-life/>) information about breastfeeding and expressing breastmilk.
- Unicef Baby Friendly Initiative (<https://www.unicef.org.uk/babyfriendly/>)
- The Breastfeeding Network (<https://www.breastfeedingnetwork.org.uk/>) aims to be an independent source of support and information for breastfeeding women and others.
- Find evidence based information about formula milks from The First Steps Nutrition Trust (<https://www.firststepsnutrition.org/>).

## Contact details

The **East Kent Hospitals' Infant Feeding Lead** welcome queries via email ([ekhuft.infantfeeding@nhs.net](mailto:ekhuft.infantfeeding@nhs.net)).

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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