



# East Kent Infant Feeding Information

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## 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.

### 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 their web site (<https://www.besideyoukent.co.uk/>).

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 Coordinators** welcome queries via email ([ekhuft.infantfeeding@nhs.net](mailto:ekhuft.infantfeeding@nhs.net)).

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

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net) ([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 leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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