

Feeding your baby

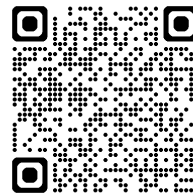


Support with breastfeeding and bottle feeding in Bristol, North Somerset and South Gloucestershire.

Contact details

If you need to get in touch with a health visitor at any point to ask for help, please phone one of our local help lines or use the QR code to view our team's website page.

- **North Somerset:** 0300 1255060
- **Bristol North:** 0300 125 6278
- **Bristol South:** 0300 125 6264
- **Bristol East/Central:** 0300 125 6274
- **South Gloucestershire:** 0300 125 5200
- **National Breastfeeding help line (open 24 hours a day):** 0300 100 0212



Specialist Infant Feeding contact details for professionals:

Email Bristol: sirona.bristolinfantfeeding@nhs.net

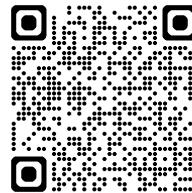
Email North Somerset: sirona.northsominfantfeeding@nhs.net

Email South Gloucestershire: sirona.southglosinfantfeeding@nhs.net

Before your baby is born



- Health visitors and midwives will talk with you about feeding your baby, you'll have time to ask questions. If you had a difficult feeding experience before, or need more support, midwives and health visitors both have specialist infant feeding teams you can access.
- It's helpful to go along to local breastfeeding groups before your baby is born and talk to other parents and peer supporters. You are also welcome to drop into any of the baby hubs. Links to find those groups can be found on our [Health Visiting: Infant Feeding Page](#) or use the QR code.
- Your local library has useful books about feeding your baby. See some [breastfeeding and parenting book suggestions](#) from Libraries West or use the QR code.
- Understanding your baby's behaviour and communication helps with feeding and will support your relationship. There is more information on our [Health Visiting emotional support page](#) or by using the QR code.



Having a supportive partner or family member really helps feeding, especially in the first few weeks. They can talk to Midwives, Health Visitors and Peer supporters and get all their questions answered too.

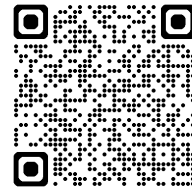
After your baby is born



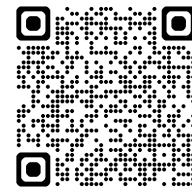
- Your midwife will help you with feeding at the beginning. Whether you're at home or in hospital, they'll offer to see you 5 days after your baby is born. They'll ask you about feeding, this is a great time to get more help if you need it.

- Your health visitor will offer to visit you at home. They will ask you about feeding your baby - if you're finding it difficult at any point your health visitor will support you to find the right help for you.

- Breastfeeding peer support groups are friendly spaces where you can meet other parents and chat to the skilled breastfeeding peer supporters – a list of groups in your area can be found on the [resources on our infant feeding page](#).

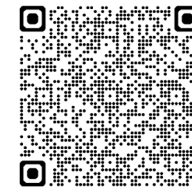


- You can pop into one of our baby hubs and speak to other parents or staff about feeding and caring for your baby and there are scales where you can weigh your baby – a list of baby hubs can be found on the [Health Visiting page](#) or by using the QR code.



- The National Breastfeeding help line 0300 100 0212 is open every day of the year 24 hours a day.

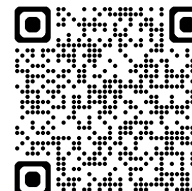
- Emotional wellbeing – if you are feeling sad, worried or isolated, please speak with a health visitor, we want to listen and understand so that we can get you any support that you might need. There is more information on our [Health Visiting emotional support page](#) or by using the QR code.



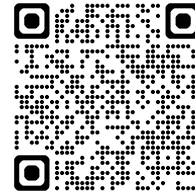
As your baby grows



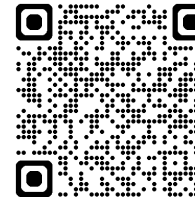
- When you're ready to get out and about with your baby, you can breastfeed anywhere. Some new parents feel nervous about it, but Bristol North Somerset and South Gloucestershire are welcoming places for new parents. Talk to peer supporters and Health Visitors for Local Breastfeeding welcome schemes, and tips to make life easy and comfortable for you.
- You can carry on breastfeeding your baby for as long as you want to. If you're wondering how to breastfeed alongside work or study, come and talk to us at a baby hub, visit the peer supporters and check out the information on the Association of Breastfeeding's [Breastfeeding and work leaflet](#) or use the QR code.



- We recommend introducing foods to your baby at around 6 months, when your baby shows they are ready. For more info and ideas visit the [Start 4 Life website weaning page](#) or use the QR code.



- If you are using infant formula, first milk is all your baby needs from birth to 12 months old. There is no need for hungry baby milk or follow on formula. At one year old, your baby can switch to cow's milk. See [First +steps nutrition Infant milks for parents & carers](#) or use the QR code for further information.



- Health Visitors and Peer supporters will help you stop breastfeeding when you are ready to. If you're not sure if stopping is right for you or how to do it, ask for help.

Let us know what you think and get involved

Telephone: 0300 124 5300* **Email:** sirona.hello@nhs.net

Website: [Link to Sirona website \(sirona-cic.org.uk\)](http://sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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Date of creation: 11/25 **Date for review:** 11/27 **URN:** 0758

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