

THINKING ABOUT BREASTFEEDING YOUR BABY?

Breastfeeding Information for Pregnant Mothers and their Partners:

• Queen Alexandra Hospital:

For details of dates and times and to book a place on the workshop call Hayley Nelson – Infant feeding specialist and lactation consultant 02392 286000 ext 4530 or 07798925529

• Portsmouth Maternity Centre:

11:30-12:30pm last Wednesday of every month. To book on the workshop call Portsmouth Maternity Centre 02392 680135.

Drop in breastfeeding groups welcoming pregnant mothers:

- Tuesday:Northern Parade Family Hub, Doyle Avenue PO2 9NE 10-11:30amMilton Family Hub, Perth Road, PO4 8EU 1-2:30pm
- Wednesday: Buckland Family Hub, Turner Road, PO1 4PN 1:30-2:45pm Paulsgrove Family Hub, Cheltenham Road PO6 3PL 1:00-2:30pm
- Thursday: Somerstown Family Hub, Omega Street, PO5 4LP 10-11:30am

 $\frac{2^{nd} \& 4^{th}}{2^{nd} \& 4^{th}}$

Saturday: Portsmouth Maternity Centre, St Marys Hospital, PO3 6AD 10am-12pm

To help you make an informed decision by offering education & ongoing support.