

Portsmouth Supports
Breastfeeding



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:**

3:30-4:30pm 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 10-11:30am
Milton 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

Friday: Somerstown Family Hub, Omega Street, PO5 4LP 11:30am-1pm

2nd & 4th

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

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