

# Support with feeding your baby in Haringey



## Do you want help with feeding your baby?

We offer information and support to mums before and after they have had their baby. We can help you with breastfeeding, bottle-feeding and expressing.



Our team of health professionals and peer supporters can meet you at a clinic or at one of the baby feeding drop-ins. Our team offers support with feeding to mums at North Middlesex and Whittington Hospitals.

**Want to meet other mums at a friendly drop in?  
Come along if you have any questions about feeding or if you want to meet other mums and babies. Everyone welcome. (see overleaf)**

# Baby feeding drop ins in Haringey

Day	Venue	Time
Monday	Welbourne Children's Centre Stainby Road N15 4EA 020 8493 1197	12:30-14:30 (women only)
Tuesday	Highgate Family Centre Gaskell Road N6 4ED 020 3213 0004	09:30-11:30 (term time only)
Tuesday	Park Lane Children's Centre 139 Park Lane N17 0HB 020 8489 4945	10:00-12:00 (term time only)
Wednesday	Rowland Hill Children's Centre 315 White Hart Lane N17 7LT 020 8808 6089	13:30-15:30
Thursday	Woodlands Park Children's Centre Woodlands Park Road N15 3SD 020 8802 0041	10:00-12:00 (women only)
Friday	Hornsey Central Neighbourhood Health Centre 151 Park Road N8 8JD 020 3074 2600	9:30-12:00 (term time only)

**Times, days and venues may change, especially during school holidays. Please call the venues for more information.**

## Additional information and support with feeding your baby

### National Breastfeeding Helpline: 0300 100 0212

Breastfeeding Network (BfN) Helpline: 0300 100 0210

BfN Supporterline in Bengali: 0300 456 2421

Polish Helpline: 0300 100 0212 (Press Option 2)

NCT Helpline: 0300 330 0771 (8am- midnight, every day)

## Websites

[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

[www.gloalhealthmedia.org/videos/breastfeeding](http://www.gloalhealthmedia.org/videos/breastfeeding)

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

[www.nhs.uk/breastfeeding](http://www.nhs.uk/breastfeeding)

[www.laleche.org.uk](http://www.laleche.org.uk)

## Apps

Baby Buddy

Infant Sleep Lab

**For more information call us on 020 3224 4377 or email [kate.leftley@nhs.net](mailto:kate.leftley@nhs.net)**