**Breastfeeding Together** have been commissioned by Bolton Council, working in partnership with Bolton Together, to provide an Infant Feeding Peer Support Service in Bolton.

**We can support with the following**-

* Positioning and attachment (Including painful feeds, ineffective milk transfer, different feeding positions)
* Breastfeeding Problems
* Hand expressing
* Expressing and storage
* Paced and responsive bottle feeding
* Common newborn behaviours
* Introducing solid foods
* Returning to work
* Breastfeeding through pregnancy
* Tandem feeding

We currently offer the following services to Families:

**Support on the Maternity Ward:**

Our Volunteers provide Infant Feeding Support on the Maternity Ward at Bolton Hospital over 7 days a week.

**Home Visiting:**

We offer free home visits to anyone living in Bolton to provide Infant Feeding Peer Support. Our Infant Feeding Practitioners provide this service daytime, evenings, and weekends, and for as long as the mother needs support.

**Breast Pump Hire:**

We run a breast pump loan scheme, which is free of charge, to mums living in Bolton. The scheme allows mums to loan a single or double electric pump if needed, alongside continued support from our Infant Feeding Practitioners.

**Infant Feeding Support Groups:**

We run 3 drop-in Infant Feeding Groups across the Family Hubs in Bolton. Mums can come along if they need feeding support, and/or to meet other mums. Older siblings welcome, no need to book and refreshments available.

Farnworth Family Hub- Tuesdays 9.30am-11am

Alexandra Family Hub- Wednesdays 1pm-2.30pm

Oldhams Family Hub- Thursdays 1pm-2.30pm

**Pregnancy Sessions:**

We run a range of Pregnancy Information Sessions, both online and face to face in various Family Hubs across Bolton. These sessions are free to book, and mothers can bring along anyone who will be supporting them.

***Plan and Prepare for Parenthood***- Gives families lots of information to help prepare them for their new arrival.

***Preparing to Breastfeed****-* An evidence-based session to help families get breastfeeding off to the best start.

**Online Support Forum:**

Our Closed Facebook Group allows mums to post any queries or questions they may have over 365 days a year, day or night. The group is monitored by our Infant Feeding Practitioners to ensure all mums are given evidenced-based information and support.

**Live Chat:**

Our Live Chat Service is available every evening between 7pm-10pm via our website [www.breastfeedingtogether.co.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.breastfeedingtogether.co.uk%2F&data=05%7C02%7Cjoanne.burgess3%40nhs.net%7Ceb132e7ac1004420e38508dc219b1b86%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638422197261982129%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MFAOs%2BSXLnOg4bE7raJju0W5jPbL4OQoXoYtliN5f%2F0%3D&reserved=0). By clicking on the ‘Chat’ icon a mum is instantly connected to one of our Peer Supporters where she can receive support.

**Phone Support:**

Our Infant Feeding Practitioners are available to support families via Call/Text/WhatsApp everyday via 07742 234496.