Local Breastfeeding Groups

Where mothers meet to support each other, relax and share their breastfeeding stories.

Practical breastfeeding support is available from your midwife/health visitor. Please ask for help in the first hours, days and weeks if required.

A small number of mothers may require specialist support. Your midwife, health visitor or support group facilitator will discuss the specialist services that are available.

If you are pregnant, breastfeeding or expressing milk for your baby you are welcome to attend any of the groups listed. No appointment necessary.

Breastmilk comforts, protects and nourishes your baby.
Pregnant mothers are particularly welcome to groups. No appointment is required. It’s a great opportunity to pick up tips and hints from other breastfeeding mums before your baby arrives and find out where to go for support if required.

Peer Support
Following the birth of your baby you may receive a telephone call from a mother who has been trained as a Northern Trust breastfeeding peer supporter. Many mums find peer support helpful. If you would like to talk to a peer supporter please tell your midwife or contact 028 7034 6128.

M.U.M.S. (Mid Ulster Mums’ Support)
Gold Community Partnership
Contact 028 6369 0094 / 07901 413676
Mums 4 Mums (Larne)
Breastfeeding Peer Support Network
Contact Health Visitor on 028 2827 6044

For urgent medical advice please contact your own GP’s Out of Hours service

Out of Hours Support
Breastfeeding mothers with babies fourteen days or less can contact their postnatal ward between 10pm and 8am.

For babies delivered in Antrim Area Hospital
Tel: 028 9442 4495

For babies delivered in Causeway Hospital
Tel: 028 7034 6128

Voluntary Agencies
La Leche League Northern Ireland 028 9561 8118
La Leche League National Breastfeeding Helpline: 0845 120 1258 Lines open 7 days per week, up to 9.00pm (24 hours if necessary, unavailable after 10.00pm)

National Breastfeeding Helpline: 0300 100 2012 Lines open 7 days per week, including Public Holidays, 9.00am - 10.00pm

National Childbirth Trust: 0300 3300 771 Lines open 7 days per week, including Public Holidays, 9.00am - 5.00pm

Breastfeeding Network: 0300 100 0210 Lines open 7 days per week, including Public Holidays, 9.30am - 9.30pm

Association of Breastfeeding Mothers: 0844 412 2949 Lines open 7 days per week, including Public Holidays, 9.30am - 9.30pm

Most groups have disability access/facilities. Please contact the facility for more detail if required.

Recognising Feeding Cues
When your baby is asking to be fed it will have to get your attention:

• Rooting
• Mouth opening
• Lip licking
• Stretching of legs
• Flexion of arms
• Clenching of fists
• Hands to mouth

So don’t wait until they are crying

Crying is a late HUNGER CUE

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www.breastfeedingnetwork.org.uk
www.abrn.me.uk
www.actionforchildren.org.uk
www.publichealthagency.org.uk
www.babyfriendly.org.uk
www.lalecheleague.org
www.breastfeeding.see.nhs.uk
www.breastfeeding.co.uk
www.nct.org.uk/parenting/feeding
www.breastfeedingnetwork.org
www.firststepsnutrition.org

* look here for details of local businesses and cafes who have signed up to the Breastfeeding Welcome Here scheme

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