



SPECIALIST BREASTFEEDING SUPPORT

Breastfeeding Challenges – Where to turn to?

If you are having concerns about breastfeeding, either in the early days or later on in your breastfeeding journey, the midwives and health visitors in the Belfast Trust are there to help.

You can get in touch with your midwife or health visitor for support, and if you require specialist help, they will refer you to one of three Lactation Consultants on staff in the Belfast Trust. Specialist breastfeeding support is **available free of charge to all mothers** who live within Belfast HSC Trust area.

These Lactation Consultants are qualified to IBCLC standard, as well as being qualified health professionals.

You can also meet them at one of the drop in clinics they attend on a weekly basis across the city and ask for help or support there.

Specialist support provision at the breastfeeding support groups:

<p><u>First Monday of the month</u> (except public holidays) Arches Breastfeeding support group – The Arches Centre - 11-12.30.</p>	<p><u>Third Wednesday of the month</u> Knockbreda Breastfeeding support group – Knockbreda Centre – 11.30-12.30</p>
<p><u>Second Wednesday of the month</u> Magic Milk Club – Girls Model School – 10.30-12.00</p>	<p><u>Fourth Wednesday of the month</u> Outer west breastfeeding group – St. Theresa’s Primary School – 11.30-1pm</p>