

Breastfeeding

National Breastfeeding Awareness Week: 10-16 May

On National Breastfeeding Awareness Week, events are organised nationwide to promote breastfeeding. Last year there were celebrity mums' talks, competitions and several fun initiatives, among which the mass

public breastfeeding event in London's Trafalgar Square. Visit www.nct.org.uk and www.breastfeeding.nhs.uk to find out more about this year's special events.

UPDATE FROM THE

RUGBY BF CAFE

The cafe has moved to a new venue (see poster below). If you arrive early, you can enjoy the centre's baby and toddler facilities: water play, painting, educational toys, books, soft play area... The cafe is located in a room off the soft play area: hot and cold drinks are available.



NEW VENUE

Rugby
BREAST FEEDING CAFE

Are you pregnant? Are you breastfeeding?
Want more information about breastfeeding?


Claremont Children's Centre
Claremont Road
Every Friday from 11am to 1pm

It is a group run by mothers for mothers
Children of all ages welcome
One to one support available when necessary



For more information contact us at
info@rugbybreastfeedingcafe.co.uk
Or call 07772 280302

noticed by familyARTIST.co.uk (c) 2009



THE NATIONAL CHILDREN'S TRUST
Book of Breast Feeding
Practical solutions to your day-to-day problems

THE BREASTFEEDING ANSWER BOOK

Understanding the Challenge

These books, along with leaflets and breastfeeding products can be purchased at
www.nctshop.co.uk

support

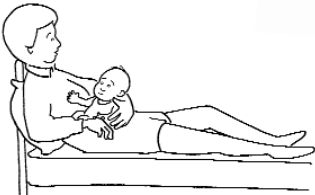
Breastfeeding in pics
Positioning and attachment...



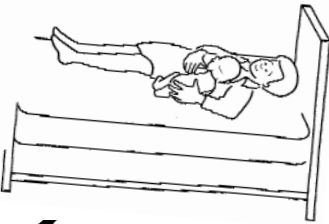
✗



✗

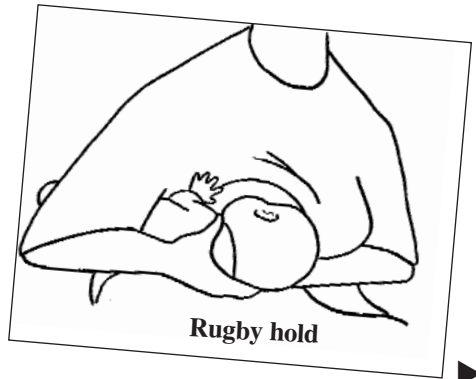
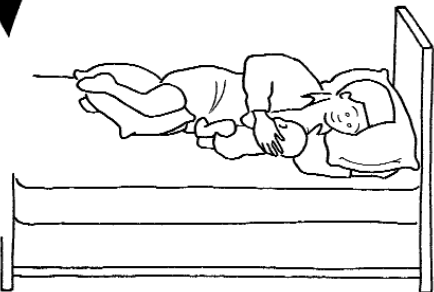


✗

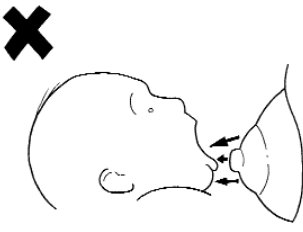
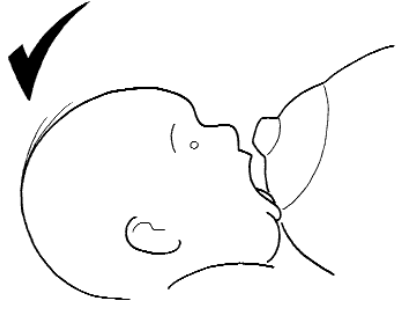
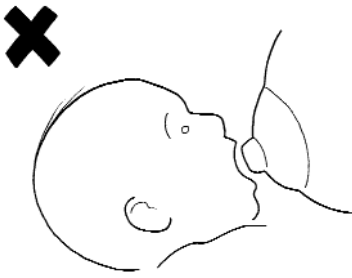


Positioning
Whether you sit or lie down, always choose a position that is comfortable for you and enables your baby to attach easily to the breast.

✓



Rugby hold



Attachment Position
 your baby with the nose
 opposite the nipple. Wait until
 the baby opens its mouth
 wide. Allow your baby to tilt
 its head slightly back and
 bring it to the breast. Your
 baby is correctly attached
 when: there should be more
 areola (brown part around the
 nipple) showing above the top
 lip than below the bottom lip
 (unless areola is small, in
 which case it is not visible);
 the chin should be touching
 the breast; the cheeks should
 be rounded; initial rapid sucks
 should turn into long sucks
 with swallows and pauses.

STOP PRESS...STOP PRESS...STOP PRESS...

Would you like to share your breastfeeding experience with other mums? Please get in touch with a pic of your little one by emailing nctrugbynewsletter@live.co.uk.