



Congratulations on your new baby!

There is lots of information and support available in Medway to help with feeding your little one.



Peer support

To speak to someone face to face for support with breastfeeding, call 07791 043190 or scan here

Beside You

Scan the QR code for all things breastfeeding



If you need support with any of the following, contact the health visitor duty line on **0330 123 3444**

- bottle feeding
- combi-feeding
- breastfeeding

Useful websites

First steps nutrition  firststepsnutrition.org

Breastfeeding Network  breastfeedingnetwork.org.uk

Breastfeeding.Support  <https://breastfeeding.support/>

Kellymom  kellymom.com