



For confidential  
information  
and support

**Talk to a mum  
who knows about  
breastfeeding**



**0300 100 0212**

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

[parentclub.scot](http://parentclub.scot)



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

# Looking for breastfeeding support or just want to chat to another mum about breastfeeding?



The Breastfeeding Network has trained peer support volunteers in your local area. At the moment our face to face support options are suspended due to Coronavirus but there are still lots of other ways for you to get in touch with us

- Join our local facebook page **@BreastfeedingForthValley** You can use this to contact trained volunteers for support or just to chat to other mums. There are also smaller facebook groups associated with local breastfeeding support groups and you can find these details on the page
- Ring the **National Breastfeeding Helpline** on **0300 100 0212** or message them on facebook **@NationalBreastfeedingHelpline**
- Email **ForthValley@breastfeedingnetwork.org.uk** and we can offer support via email or arrange to call you back to offer support over the phone or via a free video call
- Join in with a **virtual breastfeeding group video chat** to say hello to other mums and peer supporters without leaving the house! Details of the groups and links to join are on our facebook page. Pregnant mums welcome too.

All our volunteers are mums who have breastfed their own children and completed training so that they so that they can support other families. Whatever your question or if you just want to chat to someone please get in touch.

Please be aware that emails and messages to our Facebook page will be seen by a small team of volunteers. If you contact us by email please send just a brief outline of your question or concern initially so we can support you in the most appropriate way. To find out how we look after your data you can go to <http://www.breastfeedingnetwork.org.uk/privacy-notice/>

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