

# Breastfeeding Peer Supporters

mother-centred | support |  
information



Look out for our lovely white shirted **Breastfeeding Peer Supporters**. They are friendly volunteers who support breastfeeding mums in hospital and in the community.

- They visit postnatal wards and antenatal clinics
- They phone new mums before or after the baby is born\*
- They run local breastfeeding groups where mums can come for a chat and support



\* Scan this QR Code and complete the online form to register for support

Or Text **FEED** followed by your name, postcode and baby's date of birth (or due date) to **66777**

One of the local peer supporters will call you back within 48 hours

# What is a Breastfeeding Peer Supporter?

They are volunteers who breastfed their own children and have received OCN accredited training in breastfeeding peer support. They provide a listening ear, practical tips and non-judgemental and evidence-based information for both pregnant women and breastfeeding mothers, supporting them on their infant feeding journey. Peer Supporters are supervised and receive on-going training from NCT.

## Our Breastfeeding Peer Supporters:

- Provide support and encouragement to breastfeeding mothers
- Run mother and baby breastfeeding groups
- Provide breastfeeding information to pregnant women
- Provide support on postnatal wards and in antenatal clinics as hospital volunteers

Specific or clinical breastfeeding problems will always be referred to a health professional and/or breastfeeding specialist.

If you would like to donate your time to train and volunteer as a breastfeeding peer supporter helping mothers and babies in Bradford then please email [Bradford.peers@nct.org.uk](mailto:Bradford.peers@nct.org.uk) for more information.

## Here are some reasons why our peer supporters decided to volunteer –

*I decided to volunteer because I struggled myself when trying to feed my little girl, until I got some good support. I wanted to do more for new mums as it nearly ended my feeding relationship in those early weeks.*

*I wanted to 'pay it forward' after having a really good experience myself*

*I really appreciated the help I received whilst breast feeding my daughter. I really wanted to give something back and support other mums*

*If I can help just one mum to have the confidence and support to know that actually it's normal that the baby may want fed constantly to start with, cuddled in with mummy a lot of the time and that their tummies are tiny!*

*I was in so much pain I couldn't imagine going on anymore, I had a half hour of support and it made the world of difference. If I have made that difference to one single mum I am so happy.*