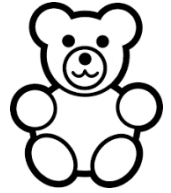




An tOspidéal Náisiúnta Máithreachais
The National Maternity Hospital



Breastfeeding and Expressing Milk Support and Information

Community Based Support

Peer Support – mother to mother volunteers – group sessions/ support and/ or one-to-one support

- **Breastfeeding Support Groups** - Find your local group at www.2hse.ie/services/breastfeeding-support-search/ or check with your local health centre - requires referral from public health nurse.
- **Breastfeeding Buddy System** - Friends of Breastfeeding: www.friendsofbreastfeeding.ie
- **Breastfeeding Counsellors/ Leaders** – mother to mother trained volunteers – online and in-person group sessions and telephone support.
 - **Cuidiú Irish Childbirth Trust:** www.cuidiu.ie
 - **La Leche League of Ireland:** www.lalecheleagueireland.com

Specialist Support – individuals with specialist training in breastfeeding/ lactation

- **Breastfeeding / Lactation consultants** (International Board Certified Lactation Consultant)
 - **Public** (HSE funded): in some areas only. Check with your local health centre.
 - **Private:** Details available from the Association of Lactation Consultants in Ireland (ALCI) www.alcireland.ie.
Some health insurance schemes cover costs – check with insurance company

Some healthcare professionals such as public health nurses, general practitioners and dietitians may also have breastfeeding/ lactation training – check with your local health centre.

Hospital Based Support

Support During Hospital Stay

- **Nursing and Midwifery Staff** in the Postnatal Unit/Neonatal Unit where you/your baby are.
- **Breastfeeding/ Lactation specialist** if specialist expertise is required. *Your midwife/ baby's nurse can refer you if required.*
- **Other staff** caring for you/ your baby are also available to support you or refer you as required.

Support Post-Discharge Home

This service is for mothers and babies who require specialist breastfeeding expertise and support.

- **Breastfeeding Clinic:** For mothers and babies up to 6 weeks post discharge home. Attendance is by appointment only – ✉ sdoyle@nmh.ie to book. *Mothers are asked attend with their baby/babies.*
- **Breastfeeding Phone Service:** Mon-Fri: 8:30 am to 4 pm; ☎ 01 637 3251; ✉ breastfeedingsupport@nmh.ie.
Please leave your details and someone will contact you.

Online Support and Resources


- **HSE** www.mychild.ie, HSE breastfeeding booklets, HSE My Child books – see page 2.
- **National Maternity Hospital** www.nmh.ie. Click on 'Maternity' ⇒ 'Your Baby' ⇒ 'Breastfeeding' to access resources including details of classes, clinics and information sessions
- **Cuidiú Irish Childbirth Trust** www.cuidiu.ie. Breastfeeding + parenting support and information*
- **La Leche League International** www.llli.org. Breastfeeding help and information*
- **Bliss UK** www.bliss.org.uk. UK website for parents of babies born preterm or unwell.
- **Citizens Information** www.citizensinformation.ie – search breastfeeding.

**Information available in various languages*

Breast Pump Supply

- Contact your Public Health Nurse, Community Welfare Officer, Breastfeeding/ Lactation Support staff or Medical Social Worker for guidance on breast pumps and loan schemes and discounts available.
- You may be able to claim tax relief on breast pump rental or purchase costs as a health expense from the Revenue Commissioners - check www.revenue.ie for details.

HSE Resources

 <p>mychild.ie</p>	<p>Breastfeeding: A good start in life HSE booklet providing guidance on breastfeeding for all mothers and babies https://www.healthpromotion.ie ⇒ search 'breastfeeding' <u>or</u> scan QR code</p>	
 <p>mychild.ie</p>	<p>Breastfeeding and expressing for your premature or sick baby HSE booklet providing guidance on breastfeeding and expressing for premature and sick babies www.healthpromotion.ie ⇒ search 'breastfeeding' <u>or</u> scan QR code</p>	
	<p>Breastfeeding Information for Traveller Beoirs HSE booklet providing guidance on breastfeeding for traveller mothers and babies https://www.paveemothers.ie/wp-content/uploads/2021/11/Pavee-Mothers-Breastfeeding-Information-for-Traveller-Beoirs_Final_Spreads.pdf <u>or</u> scan QR code</p>	
	<p>My Child: My Pregnancy HSE book providing advice to help you through each stage of pregnancy and the first few weeks after birth. www2.hse.ie/my-child ⇒ search 'my pregnancy book' <u>or</u> scan QR code</p>	
	<p>My child: 0 to 2 years HSE book providing advice to help you and your baby from birth to age 2. www2.hse.ie/my-child ⇒ search 'my child book' <u>or</u> scan QR code</p>	
	<p>www.mychild.ie HSE website providing guidance with videos on breastfeeding and expressing, tips, techniques, overcoming challenges, plus</p> <ul style="list-style-type: none"> • 'Ask our breastfeeding expert' online advice (webchat and email) • Guide to find breastfeeding services near you including local breastfeeding support groups and volunteers <p>www2.hse.ie/my-child ⇒ search 'breastfeeding' <u>or</u> scan QR code</p>	