



DONCASTER FAMILY HUBS

Breastfeeding Support

Information and Support for pregnant and breastfeeding women and their families.

Take a look inside to see what Family Hubs can offer you and your new baby...



Family Hubs can offer you information and support about breastfeeding during your pregnancy and when your baby is born. Midwives and health teams; our trained Hub Staff, and our Breastfeeding Peer Supporters will be happy to help.

You will meet your Midwife and Health Team during your pregnancy and will also be invited to sessions at the Family Hub at various times during your pregnancy to meet with our staff and volunteer Peer Supporters. We then offer Breast Start and a range of groups for mums and babies where breastfeeding information and support is available.

What is a Breastfeeding Peer Supporter?

- A woman who has breastfed a baby herself and;
- Lives locally
- Has undertaken training in breastfeeding and supporting women and can offer information, tips and hints to help you on your breastfeeding journey.
- Is able to listen to and support pregnant and breastfeeding women who may have questions, concerns or challenges.
- Someone who will befriend and support breastfeeding women in groups and other community settings, home visits, or on the telephone.
- Promotes breastfeeding in the community.

What we want to do;

- Give women and their partners support when deciding how they will feed their baby.
- Support women to continue to breastfeed for as long as they want to.
- Talk to all family members e.g. partners and grandparents who would like to know more about breastfeeding and how they can support a breastfeeding mother.



So that we;

- Help to increase women's confidence in their ability to breastfeed their babies.
- Ensure women have the knowledge and support they need to breastfeed their babies.
- Improve the health of babies and their mothers in our community.
- Increase the number of women who choose to breastfeed, making breastfeeding a part of local culture.

For any further information, please contact your local Family Hub

<p>ADWICK FAMILY HUB CENTRAL AVENUE WOODLANDS DN6 7RU 01302 737717</p> <p> Find us on Facebook/Adwick Family Hub</p>	<p>ARMTHORPE FAMILY HUB MERE LANE ARMTHORPE DN3 2DG 01302 736760</p> <p> Find us on Facebook/Armthorpe Family Hub</p>	<p>ASKERN FAMILY HUB SPA POOL RD ASKERN DN6 0BJ 01302 737099</p> <p> Find us on Facebook/Askern Family Hub</p>
<p>BALBY FAMILY HUB 1 SANDYCROFT CRESCENT BALBY DN4 OTY 01302 736880</p> <p> Find us on Facebook/Balby Family Hub</p>	<p>BENTLEY FAMILY HUB THE AVENUE BENTLEY DN5 ONP 01302 737350</p> <p> Find us on Facebook/Bentley Family Hub</p>	<p>CENTRAL FAMILY HUB WELCOME WAY DN1 3LE 01302 737995</p> <p> Find us on Facebook/Central Family Hub</p>
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*See individual hub details for opening times