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**Themes:** Children's Health and Behaviour, Families and Children, Health and Wellbeing, Parenting

**Aimed at:** Baby & Toddler Age 0-5, Women only

Breastfeeding support session run by Peer Supporters with trained staff available.

Our Baby and Breastfeeding Encouragement and Support groups (known as BABES groups) offer a welcoming atmosphere for all mums who breastfeed, offering tips and practical ways of helping mums to enjoy their breastfeeding experience and to help you with any concerns.

Come along and meet other breastfeeding mums and share your experiences. It is an opportunity for you and your baby to meet new people in an enjoyable place.

Please Note: these session details are Pre-COVID, for current information please contact your local Children's Centre using the contact details below

BABES groups and peer supporters will provide support and information on:

Positioning and attachment

Tips on increasing milk supply

How to hand express

Night feeds

Antenatal and Postnatal breastfeeding

BABES groups also welcome mums-to-be. The group offers an idea of what to

expect from breastfeeding and mums-to-be can join the interactive antenatal workshops, which provide information on baby's development and how to get breastfeeding off to a good start.

Please Note: these session details are Pre-COVID, for current information please contact your local Children's Centre using the contact details below

Manton Children's Centre

Telephone

0115 9773758

0300 500 80 80

E-mail

CC.Bassetlaw@nottscc.gov.uk

Website

Children's Centre Services website

Name

Manton Children's Centre

Address

Community Way (Off Shrewsbury Road)

Workshop

Nottinghamshire

Postcode

S80 2TU

Time / Date Details

When is it on

Tuesdays: 09.30 - 11.00am

Time of day

Morning

**Area:** Bassetlaw

## **Contact Details**

Manton Children's Centre

Community Way (Off Shrewsbury Road)

S80 2TU

[cc.bassetlaw@nottscc.gov.uk](mailto:cc.bassetlaw@nottscc.gov.uk)

0115 9773758

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service>

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