

## Breastfeeding While Out and About

If you feel a bit nervous about feeding in public these tips might help:

- Practice at home first - maybe in front of family members.
- Watch yourself feed in a mirror you'll see what others see (usually not a lot).
- Go along to a Breastfeeding Support Group, it can be easier to feed in public for the first time with other supportive mums, plus they'll be able to give you hints and tips.
- Before going out make sure you have clothes on which make feeding easy. Feeding bras and loose tops can make it simpler so avoid button up tops and dresses.
- If you feel more comfortable take a muslin cloth, shawl or light blanket to drape over you.
- Try and feed your baby as soon as they are ready, it's harder to feed a hungry crying baby.
- Some mums find using baby slings useful, you can place your baby in a position where no-one need know you are feeding.
- When first going out find somewhere where there aren't too many people. Take your partner or a friend with you. They can provide support and by talking to them as you breastfeed you can even forget that you are in public.
- If you feel someone is staring at you try returning their gaze they'll usually look away and move on.
- If someone does tell you that they disagree with mothers breastfeeding in public just ignore them; these people are not worth making yourself or your baby upset about.

They say practice makes perfect, and after a few feeds you'll soon be confident enough to breastfeed just about anywhere. Remember breast-feeding is your right and, more importantly, your baby's. In England it is now illegal to prevent mothers from breastfeeding in public.

## Returning to Work or Study

Lots of mums return to work or study and continue to breastfeed successfully.

The main advantage of continuing to provide breast milk for your baby is that they tend to be healthier and less likely to get ill (therefore fewer days off work for you). You will also be able to continue the special relationship with your child.

**Your Health Visitor will be able to help you make a plan of how you can do it or refer you for specialist help.**

You will probably need to talk with your employer about how you can continue breastfeeding and/or expressing. By law you should not be discriminated against because of your family responsibilities. Arrangements may need to be made, depending on your job, workplace and childcare. This will include making arrangements for you to be able to express and store your milk if you plan to do this at work.

If you have childcare close by you may think about visiting to feed your baby, or your child carer may be able to bring your baby to you.

If you intend to express your milk there is more information on the website  
[www.publichealth.hscni.net/publications/birth-five](http://www.publichealth.hscni.net/publications/birth-five)

**The Children's Hub**  
Hartlepool and Stockton-on-Tees



## Hartlepool Breastfeeding Directory



To find your nearest children's centre  
call: 01429 284284

# Sure Start Children's Centres - Hartlepool



## Getting Started

This directory tells you where to get support and advice for getting breastfeeding off to a good start and helping you and your baby to breastfeed for as long as you both wish.

It contains details of Breastfeeding Support Groups and contact numbers where help is available 24 hours a day.

If you are struggling with breastfeeding contact your Midwife or Health Visitor for support.

We recognise that breastfeeding outside the home is crucial and can be worrying to start with, so we have also included some tips on this.

## Breastfeeding Support Groups & Where to Find Help in Your Area

These social groups offer support, advice and friendship to breastfeeding mums and babies in a relaxed comfortable environment (whatever your baby's age).

You do not need to have a problem to come along but there is always a qualified staff member available to assist with any concerns or problems.

### Latch On Thursday

Stranton Children's Centre, 9:30am – 11:00am  
Southburn Terrace, TS25 1SQ - Tel: 231329

## Why not drop-in to one of the Breastfeeding Friendly Places in the Hartlepool Area

### All About Baby and You Monday

Hindpool Children's Centre, 1:30pm – 2:30pm  
Hindpool Close, TS24 0TB - Tel: 292555

Rossmere Children's Centre, 2:00pm – 3:30pm  
Rossmere Way, TS25 5EB - Tel: 292444

### All About Baby and You Tuesday

Stranton Children's Centre, 1:00pm – 2:30pm  
Southburn Terrace, TS25 1SQ - Tel: 231329

Chatham House Children's Centre, 1:30pm – 3:00pm  
Chatham Road, TS24 8QG - Tel: 284466

### All About Baby and You Wednesday

Lynnfield Community Learning  
& Children's Centre, 1:30pm – 2:30pm  
Elcho Street, TS26 8HP – Tel 232946

### All About Baby and You Thursday

Rift House Children's Centre, 1:00pm – 2:30pm  
Masefield Road, TS25 4JY - Tel: 284610

Miers Children's Centre, 1:30pm – 3:00pm  
Miers Avenue, TS24 9JQ - Tel: 271276

### All About Baby and You Friday

Rossmere Children's Centre, 1:30pm – 3:00pm  
Rossmere Way, TS25 5EB - Tel: 292444

Central Library  
York Road - TS26 9DE  
Tel: 272905

The Contact Centre  
Civic Centre  
Victoria Road - TS24 8AY  
Tel: 266522

The Town Hall Theatre  
Raby Road - TS24 8AH  
Tel: 523409

Mill House Leisure Centre  
Raby Road - TS24 8AR  
Tel: 223791

Shopping Centre  
Middleton Grange - TS24 7RZ  
Tel: 861220

Brierton Sports Centre  
Brierton Lane - TS25 4BY  
Tel: 284864

Headland Sports Centre  
Union Street - TS24 0AB  
Tel: 236564

The Borough Hall  
Middlegate - TS24 0JD  
Tel: 266269

Summerhill Visitors Centre  
Summerhill Lane - TS25 4LL  
Tel: 284584

Café 177  
York Road - TS26 9EQ  
Tel: 862177