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**Specialist Breastfeeding Support**

**Breastfeeding Challenges – Where to turn to?**

If you need support with breastfeeding, either in the early days or later on in your

breastfeeding journey, the Midwives and Health Visitors in the Belfast Trust are there to

help.

If you require specialist breastfeeding support, your Midwife or Health Visitor can refer you to the Community Infant Feeding Team for support in your home. The Infant Feeding Team is made up of three healthcare professionals who have completed a Lactation Studies Program.

Specialist breastfeeding support is **available free of charge to all mothers**

who live within Belfast HSC Trust area.

A member of the Infant Feeding Team also attends each of our Breastfeeding Support Groups once a month to offer specialist support.

**BHSCT Face to Face Breastfeeding Support Groups**

Chichester Library (North Belfast) - 1st and 3rd Monday of the month.

Newtownbreda Baptist Church (South East Belfast) - 1st and 3rd Tuesday of the month.