

We want you, your baby and older toddlers to enjoy coming to a Latch-on group, so please be considerate to parents with new babies, who may not be used to energetic and inquisitive toddlers.

Your baby/child remains your responsibility at all times. If you need to leave the group for any reason, for example to use the toilet, you must make sure that you have nominated an adult who you know and trust to supervise your baby in your absence.

Registration and feedback:

It is important that we know that the Latch-on groups are meeting the needs of breastfeeding mothers and their babies. You will be asked to complete a children's centre registration form on your first visit, which will remain a confidential document. We will from time to time ask if you are willing to give us feedback about your experience of attending a latch-on group. You will also be expected to sign an attendance sheet each time you visit the group, which is used for our data collection.

If you have difficulty filling in forms and would like help to do so, your peer supporter will be happy to help. We are also happy to source information in other languages if requested.

If you would like to know more about Plymouth Latch-on groups, contact your local children's Centre, ask your midwife or Health visitor, or visit our website for all the latest information.

You can also find us on face book

www.plymouth-latchon.org.uk



oneyou.plymouth@nhs.net



Useful numbers:

National Childbirth Trust breastfeeding helpline 0300 330 0700

La Leche League helpline 0345 120 2918

National Breastfeeding helpline 0300 100 0212

Welcome to Plymouth Latch-on groups



We want you to feel as relaxed as possible when you visit your local latch-on group. This leaflet provides you with the answers to commonly asked questions for anyone attending one of our breastfeeding support groups for the first time



Welcome to Latch-on

What Can I expect at a Plymouth Latch-on group?

Our aim is to give all mothers and their families a warm, friendly welcome in a relaxed environment where breastfeeding is supported and encouraged. Latch-on groups provide an opportunity for parents and parents-to-be, to find out more about breastfeeding, socialise, and access information and practical support.

Who can attend a Latch-on group?

Latch-on groups are attended by pregnant women, women who are currently breastfeeding their baby, or women who have just stopped breastfeeding but remain passionate about its benefits. Some mothers choose to bring a friend, partner or family member with them whilst they are getting to know other people within the group or you may just want them to know more about the positive benefits of breastfeeding.



Who will I meet at a Latch-on group?

As well as making new friends for you and your baby, you will get to meet your local breastfeeding peer supporter. You may also meet staff from your local Children's Centre, who will be able to tell you more about activities in your area.



What is a peer supporter?

All peer supporters are women who have breastfed their own baby/s and would like to support other mothers and babies to enjoy breastfeeding. They have all completed a 10 week training course, which equips them with additional skills. All peer supporters wear a purple tee-shirt with the "Latch-on logo" on it. Most peer supporters are trained to fit maternity bras, which are available to purchase at a discounted price. Peer supporters cannot diagnose medical conditions in either you or your baby, but are able to direct you to the best source of support, and provide information on self-help for diagnosed conditions.

You will find your local peer supporter a great source of knowledge, support and encouragement. She will try to make you feel as comfortable as possible within the group, and introduce you to other parents and babies. They are great listeners and are skilled at supporting you to enjoy your breastfeeding experience, whether this is your first baby or not.



Looking after you, your baby and other Latch-on users:

Most Children's Centre's do not allow hot drinks where there are babies and children present. All groups have access to cold drinks. For infants who are aged over 6 months, and may have started weaning, we encourage you to consider healthy eating options: fresh or dried fruit, bread sticks and vegetables. We would also discourage you from giving drinks high in sugar or artificial sweeteners. You can get lots of healthy eating ideas at the latch-on group.

We respectfully ask that you tidy up after your child/children have eaten, return high chairs, and wipe up any spillages.

