

Out and about with
your baby
in Peterborough

BACK
PAGE



Welcome to parenthood!

This is a wonderful time full of emotions mixed with excitement and joy. As a mother, one of the best things that you can do for your baby is to breastfeed. We want to support women in their decision to breastfeed and help them continue. We have produced this directory to provide you with information about where you can get breastfeeding support in Peterborough.

You will find a list of people who you can contact if you need further support. There is also a list of breastfeeding friendly places so when you are out and about in Peterborough you can feel comfortable when breastfeeding your baby. Look out for shops, cafes and restaurants which display the breastfeeding friendly sticker or certificate.

We aim to provide a high standard of care so that pregnant women and new mothers get the support they need to breastfeed successfully. Don't be afraid to ask for support or advice to make breastfeeding work for you and your baby. Speak to your midwife, health visitor, or contact a breastfeeding peer supporter. Remember breastfeeding is a very special, unique and enjoyable experience. With practice and support during the first few days, you will succeed.

Support for breastfeeding mums

Breastfeeding Peer Supporters

Peer supporters are local mothers who have breastfed their own babies and have received training. They work on a voluntary basis in the community alongside health professionals. Over 90% of women give up breastfeeding before they want to; we want to help change that. Peer supporters offer support and information. We have a range of trained peer supporters in Peterborough, with a range of experiences and languages.

If you would like to talk about peer supporters please contact 01733 758402.

Further reading

'Off to the best start' from the Department of Health – available from your health visitor.

For more information and support

Infant Feeding Facilitator

☎ 01733 677216 (switchboard: 01733 677266)

La Leche League

For friendly mother-to-mother breastfeeding support from pregnancy through to weaning.

☎ 0845 120 2918 www.laleche.org.uk

National Childbirth Trust (NCT)

Helping mums and dads through pregnancy, birth and the early days of parenthood.

☎ 0300 330 0771 www.nct.org.uk

NCT Local Breastfeeding Counsellor

☎ 01733 563989

National Breastfeeding Helpline

For any questions or concerns about breastfeeding.

☎ 0300 100 0212

www.nationalbreastfeedinghelpline.org.uk

NHS Choices

The countries biggest health website.

www.nhs.uk



THE
BABY
café®

Baby Cafés

Why not join us at our friendly and relaxing Baby Café? You can get advice and support, and share your experiences and tips about breastfeeding with others.

The venues are as follows.

Monday	11.30-12.30	Orton Children's Centre
Monday	13.00-14.30	Brewster Avenue Children's Centre
Tuesday	12.30-13.30	Acorn Children's Centre, Dogsthorpe
Tuesday	13.30-15.00	Stanground Children's Centre
Wednesday	11.00-12.30	Honeyhill Children's Centre, Paston
Thursday	10.30-12.30	Ravensthorpe Children's Centre
Thursday	12.00-13.30	East Children's Centre

All Children's Centres are breastfeeding friendly

Breastfeeding-friendly venues across Peterborough

You can feel confident and relaxed about breastfeeding at any of the venues listed below and those which display the 'Breastfeeding friendly' certificate and policy.



Breastfeeding friendly



Private feeding area



Toilets with pushchair access






High chairs available



Baby changing facilities

Queensgate

					
BHS	✓	✓	✓	✓	✓
John Lewis	✓	✓	✓	✓	✓
Monsoon	✓				
Argos	✓				
Bags etc	✓				
Clarks	✓				
Muffin Break	✓				
Costa Coffee	✓				✓
Reflections Coffee Shop	✓				✓

Town Centre

					
Specsavers	✓			✓	
Mothercare	✓		✓	✓	
Costa Coffee	✓	✓	✓		✓
Café Nero	✓	✓	✓		✓
Starbucks	✓	✓	✓		✓
Snappy Snaps	✓		✓	✓	
Dental Access Centre	✓	✓	✓	✓	
Verso Hair	✓			✓	
Toni & Guy	✓	✓			
Regis UK	✓				
Supercuts	✓				
PKai Hairdressers	✓		✓	✓	
Subway, Westgate	✓	✓	✓		✓
Express Bakery	✓				
Wimpy	✓	✓	✓		✓
Little Frankie's	✓		✓		✓
Harriet's Tearooms	✓	✓	✓	✓	✓
Sunday's	✓	✓		✓	✓
Prezzo	✓	✓	✓	✓	✓
Tesco Metro	✓				
Bags Etc	✓			✓	
Megabite	✓	✓	✓	✓	✓

The benefits of breastfeeding

Breast milk is perfect and uniquely made for your baby's growing needs. Breastfeeding your baby makes a big difference to both your baby's health and yours.

Infant formula is made from cow's milk and other ingredients. It does not include the ingredients that help protect your baby from infection and disease, only your body can make those.

Benefits for baby

- Protects against bronchitis, pneumonia, diabetes and asthma.
- Breast milk is more easily digested resulting in less colic and wind.
- Less chance of constipation.
- Reduces the incidence of wheezing, prolonged colds, diarrhoea and vomiting.
- Fewer chest and ear infections.
- Eczema is less common in breast fed babies.
- Less likelihood of becoming obese and developing type 2 diabetes and other illnesses later on in life.



Benefits for mum

- Lowers the risk of mum getting breast and ovarian cancer.
- Naturally uses up 500 calories a day, helps with post pregnancy weight loss.
- Easier, less time consuming, no preparation required correct temperature.
- Breast milk is free, it saves money – formula feeding can cost as much as £45 a month.
- Provides extra closeness and helps with bonding.

Hampton

Brantano	✓				
Avenance Catering	✓	✓	✓	✓	✓
Scarlet Nail Studio	✓	✓		✓	
Pkai Hairdressers	✓	✓			
Hampton crèche	✓		✓		
Costa Coffee	✓	✓	✓	✓	✓
Burger King	✓				✓
Tesco	✓	✓	✓		✓

Around Peterborough

Asda	✓	✓	✓	✓	✓
Brantano	✓				
Matalan	✓	✓	✓	✓	
PC World	✓	✓			
Dunelm Mill	✓		✓		
Argos	✓	✓			
Dreams	✓	✓			
Frankie and Benny's	✓	✓	✓		✓
Calm-a-baby	✓				

Equality Act

Passed in April 2010, mothers cannot be discriminated against, asked to leave a venue or treated unfavourably because they are breastfeeding when out and about in England and Wales.

Who developed the directory and why?

NHS Peterborough together with the Future Jobs Fund and NCT have put the directory together to help new parents overcome worries about feeding their babies in public. Establishments having posters or stickers in the window to promote breastfeeding on the premises, can make you feel more comfortable to feed your baby there.

Acknowledgements

NHS Peterborough – Kathie Longbone, Helen Dighton, Roberta Roulstone

NCT – Sarah Jane Currie, Sharon Raymond

Future Jobs Fund – Vicky Lowther, Laurie Boeckstaens, Murphy Cole, Gary Harbisher, Neera Kauser, Shamreen Bi, Steve Lewis



Alternate formats

If you would like this information in another language or format please ask us.

Polish

Jeżeli chcieliby Państwo uzyskać informacje w innym języku lub w innym formacie, prosimy dać nam znać.

Portuguese

Se deseja obter informação noutro idioma ou formato, diga-nos.

Urdu

اگر آپ کو معلومات کسی دیگر زبان یا دیگر شکل میں درکار ہوں تو برائے مہربانی ہم سے پوچھئے۔

☎ 01733 758500

✉ NHS Peterborough, 2nd Floor, Town Hall,
Peterborough, PE1 1FA.

Produced by Peterborough PCT, September 2010.

FRONT PAGE

