Getting ready for baby!

We have the pleasure of inviting you to our **Antenatal Information Programme.** The friendly, informative sessions are held in the day and evening at St.Helens Children's Centres. Your partner, friend or a family member are welcome to attend with you.

Infant Feeding

- Importance of skin to skin
- Responsive feeding
- Feeding options
- What to expect in the first week
- Value of support



From 28 weeks, your **Health Visitor** will contact you to arrange an antenatal home visit.



Your midwife will help you with:

Labour and Birth

- Signs of labour
- Birth
- Pain relief
- Care of your baby
- You can't spoil your baby

For more information, call the Infant Feeding Team on:

0300 300 0103

or: 07919 305 174

visit: www.healthysthelens.co.uk

*calls cost the same as calling a landline, even from a mobile.

St Helens and Knowsley Teaching Hospitals NHS Trust

YOUR STORY YOUR MILK

HEALTHY LIVING INFANT FEEDING TEAM

St.Helens Council

Available as a 2 Pack!

yourmilk

Perfect for baby!

The mother of all milks

- Pre-sterilised
- No equipment required
- Perfect temperature every time
- Helps you to bond with your baby
- Protects your baby from tummy bugs
- Long life - reduces risk of breast cancer
- Range of carry cases available



BURNS 500 calories PER DAY

Every day you breastfeed, your milk protects your baby from infection

YOUR STORY YOUR MILK

HEALTHY LIVING INFANT FEEDING TEAM

To find out how to get the most out of breastfeeding call: **0300 300 0103** search **'Breast Feeding St Helens'**

NHS