

Breastfeeding Peer Supporters

As part of its commitment to support breastfeeding mothers, The Royal Wolverhampton NHS Trust employs Diana West as a Breastfeeding Peer Support Co-ordinator to recruit and train a network of women, to provide breastfeeding information and support to pregnant women, new mothers and their families.

Breastfeeding peer support is recognised as an effective way to increase the number of women who choose to breastfeed and to help them to continue breastfeeding for as long as they wish.

It has been found that breastfeeding peer support is highly valued by breastfeeding mothers - in the early days after the birth of their baby, many mums find it really useful to be able to discuss any queries they may have about breastfeeding with a Peer Supporter.

Breastfeeding Peer Supporters are mothers who have breastfed their babies and who have had training on breastfeeding and the support of mothers. They continue to receive support, supervision and further training as they support breastfeeding women in their community.

The provision of skilled support from women who have first hand experience of breastfeeding and have undertaken further training in order to provide information and support, has been found to be invaluable!

At antenatal classes or clinics, breastfeeding drop-in groups or post-natal wards, Peer Supporters provide breastfeeding information to pregnant women, support women as they start and continue to breastfeed, discuss the introduction of solid food, returning to work, moving on from breastfeeding and sources of local support.

In return, the Trust reimburses Peer Supporters for their travel expenses and offers training and volunteering support.

We would welcome any time that women could spare to support breastfeeding mothers in their area, at locations, days and times to suit themselves - breastfeeding peer support is valuable even if it is just an hour or so here and there, on an occasional ad-hoc basis.

Anyone who would like to find out more about becoming a Breastfeeding Peer Supporter should contact:

Diana West
Breastfeeding Peer Support Coordinator
The Royal Wolverhampton NHS Trust
D11 Maternity Unit, New Cross Hospital
Wolverhampton, WV10 0QP
01902 307999 x 8389
07791 430376
Email: diana.west@nhs.net

Or visit:

http://www.royalwolverhamptonhospitals.nhs.uk/patients__public/volunteering/breastfeeding_peer_support.aspx