

Breastfeeding Peer Support Training Course



- Are you a good listener?
- Have you had a positive breastfeeding experience?
- Do you feel that you could help other breastfeeding mothers in your local area have a positive breastfeeding experience too?
- Are you able to commit to regular volunteering in your local breastfeeding group?

Have you considered becoming a Breastfeeding Peer Supporter?

A Peer Supporter is a mum who has breastfed and /or provided breastmilk for her child, who has undertaken a Peer Supporters training course. Whether you had difficulties, or it was all plain sailing, your experiences will be valuable in supporting others. No previous knowledge is necessary before training, we just ask that you have the experience of having breastfed your own baby.

About the training course:

The free nine-week North Somerset Public Health Breastfeeding Peer Support Course is delivered locally by our Public Health Peer Supporter trainers. Babies are welcome to join you at the training sessions.

When/Where?

- Information session - Friday 3rd March 2023
- Course will start on Friday 17th March and run for two-and-a-half hours a week from 10am - 12.30pm, for nine weeks in term time, finishing Friday 26th May (with no sessions on 7th & 14th April in the Easter Holidays)
- Information session and course will be held at Yeo Valley Children's Centre, Station Road, Congresbury, BS49 5DX.

How to find out more and get involved?

For further information please email your details to:

breastfeeding.welcome@n-somerset.gov.uk for an information pack