

# Support with feeding your baby in Haringey



**Do you want help with feeding your baby?**

We offer information and support to mums before and after they have had their baby. We can help you with breastfeeding, expressing and bottle feeding.



Our team of peer supporters can see you at one of our baby feeding drop-ins.

Our team also offers support with feeding to mums on wards at North Middlesex and Whittington Hospitals.

**Want to meet other mums at a friendly drop-in?  
Come along if you have any questions about feeding or if you want to meet other mums and babies. Everyone welcome (see overleaf)**

# Baby feeding drop-ins in Haringey

Day	Venue	Time
Monday	Welbourne Children's Centre Stainby Road N15 4EA 020 8493 1197	12.30-2.30pm (women only)
Tuesday	Highgate Family Centre Gaskell Road N6 4ED 020 3213 0004	9.30-11.30am (term time only)
Wednesday	Park Lane Children's Centre 139 Park Lane N17 0HB 020 8489 4945	10am-12 noon (term time only)
Wednesday	Rowland Hill Children's Centre 315 White Hart Lane N17 7LT 020 8808 6089	1.30-3.30pm
Thursday	Woodlands Park Children's Centre Woodlands Park Road N15 3SD 020 8802 0041	10am-12 noon (women only)
Friday	Hornsey Central Neighbourhood Health Centre 151 Park Road N8 8JD 020 3074 2600	9.30am-12 noon (term time only)

Times, days and venues may change, especially during school holidays. Please call the venues for more information.

## Additional information and support with feeding your baby

National Breastfeeding Helpline: 0300 100 0212

Breastfeeding Network (BfN) Helpline: 0300 100 0210

BfN Supporter line in Bengali: 0300 456 2421

Polish Helpline: 0300 100 0212 (press option 2)

NCT Helpline: 0300 330 0771 (8am- midnight, every day)

## Websites

[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

[www.gloalhealthmedia.org/videos/breastfeeding](http://www.gloalhealthmedia.org/videos/breastfeeding)

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

[www.nhs.uk/breastfeeding](http://www.nhs.uk/breastfeeding)

[www.laleche.org.uk](http://www.laleche.org.uk)

## Apps

Baby Buddy

Infant Sleep Lab

For more information contact your midwife or health visitor