

Bumps

Our monthly 'bumps' breastfeeding sessions are popular with pregnant mums and their partners. These sessions run at Backwell and Portishead, alongside the usual Café Mamma drop-in group, and provide an opportunity to find out first hand from breastfeeding mums what to expect in the early days and weeks. We talk about the practical aspects of breastfeeding, such as what to wear, how partners can help, and discuss breastfeeding when out and about. Check out our website, public facebook page or ask your midwife for the date of our next 'bumps' session.

Café Mamma

Café MAMMA is a weekly drop-in café for local families, we provide support, encouragement and information to breastfeeding mums. It is a place where mums can meet with other mums, as well as with trained peer supporters, in a relaxed and friendly atmosphere. It provides an ideal situation to gain confidence in breastfeeding outside of the home and is great for your first trip out with your baby. At the café you will always find a friendly face, a hot cuppa, breastfeeding cushions, toys for older children and a wide range of accessible resources, including a library of breastfeeding books to borrow.

Phone Mamma

A peer supporter is available on our helpline to provide support and information on breastfeeding **Monday to Friday, 10am – 3pm & 7pm – 9pm**, call or text **07816 366370**.

Mamma Online

Please like our public facebook page to receive important updates. You can also join our closed, supervised facebook groups to chat with other breastfeeding mums, share your experiences, and ask peer supporters questions Search for: **Café MAMMA Portishead** or **Café MAMMA Backwell, Nailsea & Long Ashton**. Go to our website for links to an extensive list of resources and information: **mammaonline.co.uk**

Mothers Advocating
Mother's Milk Association

Café
Mamma

Portishead
Backwell and Nailsea



Peer Support for Breastfeeding Mothers

in association with North Group
children's
centre

Café MAMMA in two locations

Portishead and Pill:	Tuesday mornings 10 - 11.30am Portishead Children's Centre, St Barnabas Centre, West Hill, Portishead
Backwell and Nailsea:	Friday mornings 10 - 11.30am West Town Methodist Church, Backwell

07816 366370
mammaonline.co.uk

 <http://fb.me/CafeMammaPublic>

What is Mamma?

MAMMA (Mothers Advocating Mother's Milk Association) is a network of breastfeeding peer support groups for Portishead, Pill, Backwell, Nailsea, Long Ashton and surrounding areas.

Our work involves providing support for local breastfeeding mothers through a **helpline**, weekly **drop-in cafés**, our **website** and **facebook groups**. We attend the local NHS antenatal classes and also offer our own 'bumps' breastfeeding sessions regularly at the cafés. We aim to provide a range of friendly and accessible resources, both before and after baby's birth, to help mums reach their breastfeeding goals.

Alongside supporting mums to reach their breastfeeding goals, MAMMA also provides a fantastic opportunity for families to meet each other and share their parenting experiences.

Who Are the Peer Supporters?

MAMMA peer supporters are local mums who have volunteered and completed training to become accredited peer supporters. They use this training, together with their own breastfeeding experiences, to support other mums to breastfeed. Our peer supporters all have enhanced DBS certificates and adhere to local Children's Centre policies.

Let us know if you are interested in becoming a peer supporter. We run training courses regularly and are always looking for new volunteers. You need no prior knowledge or skills other than your own experiences of breastfeeding your own baby.



How Can We Help You?

Peer supporters can offer support and information in the following areas:

- Good attachment and different positions for feeding
- The benefits of breastfeeding for mum and baby
- Frequency and length of feeds
- Common problems like sore nipples and engorgement
- Identifying and dealing with mastitis and thrush
- Different ways to handle babies' crying
- How bottles and dummies could affect latching and milk supply
- Expressing, introducing solid foods and returning to work
- Combination feeding or stopping breastfeeding

Either come along to one of the drop-in cafés, post in our closed facebook groups or call our helpline to discuss any breastfeeding questions you may have with a peer supporter. Alternatively, you can browse the information sheets on our website. Of course if you need urgent advice, or if you or your baby are unwell, then you should contact your midwife, health visitor or GP.

You may simply want to talk about your experiences of breastfeeding or other aspects of parenting with a mother facing a similar situation. Being a new mum can be a tiring and emotional time and sometimes just talking to someone who understands can be helpful. MAMMA also welcomes partners, family and friends wishing to support the mother.

