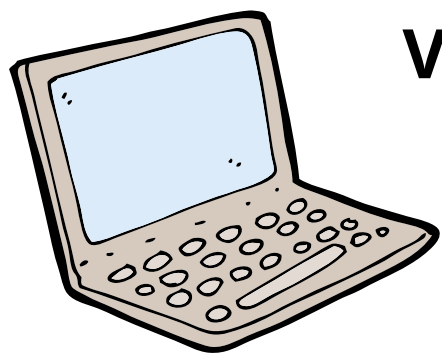


# Cool facts (and info) about breastfeeding

## Go Green and BF... feeding support at SFH

- **Speak to any member of maternity staff during pregnancy** - antenatal conversations cover encouraging parents to connect with their baby, skin contact, responding to baby's needs, and feeding
- Feeding support after birth by **Midwives, Healthcare Support Workers and the Lime Green Infant Feeding Team**

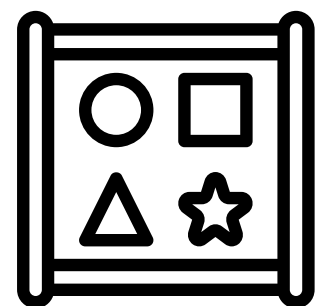


**FREE**  
**Virtual Breastfeeding Class**  
**via Zoom**

**Email your due date to:**  
**[sfh-tr.infantfeeding@nhs.net](mailto:sfh-tr.infantfeeding@nhs.net)**

## Health for baby

- BF stimulates brain development
- **Protects against diarrheal infections and pneumonia**
- Decreases the risk of obesity and type II diabetes.

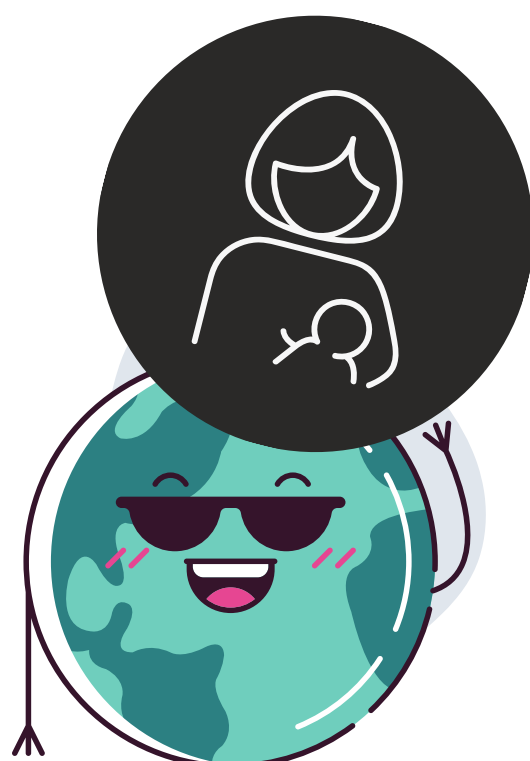


## Health for you

- Protection against ovarian cancer and breast cancer
- **Assists with birth spacing (but not 100% contraceptive cover so still be careful)**



- **Six months of BF** saves around 95-153 kg CO2 equivalent per baby compared, with formula feeding.... like taking **between 50,000 and 77,500 cars off the road each year**



## Who you gonna call?

### Breastfeeding Peer Support

Find your local group on our page on the SFH website (**search for 'sfh infant feeding'**)

### Helplines

- **National Breastfeeding Helpline**  
**03001000212**
- **Association of Breastfeeding Mothers**  
**03001000212**

