

Lime Green Infant Feeding Team

Antenatal breast/chest feeding classes



We are a dedicated team here to help you get breast/chest feeding off to the best possible start.

We provide antenatal education and postnatal support for you and your family after your baby is born.

To help you prepare for feeding and caring for your baby, we run antenatal feeding classes in children's centres and community spaces local to you.

These classes help to prepare you for getting feeding off to the best start, with information on the value and benefits of breast/chest feeding, skin-to-skin, positioning and attachment, signs of effective feeding, making an informed choice about how to feed your baby, brain development, comfort feeding, and responsive feeding.

How to book

Email **sfh-tr.infantfeeding@nhs.net** and let us know which class you would like to attend and we will book your free place. We look forward to seeing you there.

King's Mill Hospital

Clinic 14 (Breast Clinic), Women and Children's Centre (walk through the main entrance and the centre is on your right).

Please book on: **sfh-tr.infantfeeding@nhs.net**

Class times: 6pm to 7.30pm.

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|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 26/02/2025 | <input type="checkbox"/> 09/04/2025 | <input type="checkbox"/> 04/06/2025 | <input type="checkbox"/> 30/07/2025 |
| <input type="checkbox"/> 24/09/2025 | <input type="checkbox"/> 19/11/2025 | <input type="checkbox"/> 28/01/2026 | |

Clipstone Children's Centre

1a Braemar Road, Clipstone, NG19 0LL

Please book on: **sfh-tr.infantfeeding@nhs.net**

Class times: 1.30pm to 3.30pm.

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| <input type="checkbox"/> 10/01/2025 | <input type="checkbox"/> 14/02/2025 | <input type="checkbox"/> 14/03/2025 | <input type="checkbox"/> 11/04/2025 |
| <input type="checkbox"/> 09/05/2025 | <input type="checkbox"/> 06/06/2025 | <input type="checkbox"/> 04/07/2025 | <input type="checkbox"/> 01/08/2025 |
| <input type="checkbox"/> 05/09/2025 | <input type="checkbox"/> 10/10/2025 | <input type="checkbox"/> 07/11/2025 | <input type="checkbox"/> 05/12/2025 |

Ravensdale Children's Centre

54-56 Sanders Avenue, Mansfield, NG18 2DN

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: Mondays, 1,30pm to 3pm.

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| <input type="checkbox"/> 06/01/2025 | <input type="checkbox"/> 03/02/2025 | <input type="checkbox"/> 03/03/2025 | <input type="checkbox"/> 07/04/2025 |
| <input type="checkbox"/> 12/05/2025 | <input type="checkbox"/> 02/06/2025 | <input type="checkbox"/> 07/07/2025 | <input type="checkbox"/> 04/08/2025 |
| <input type="checkbox"/> 01/09/2025 | <input type="checkbox"/> 06/10/2025 | <input type="checkbox"/> 03/11/2025 | <input type="checkbox"/> 01 /12/2025 |

Summerhouse Children's Centre

Clare Road, Sutton In Ashfield, NG17 5BB

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: 10am to 11.30am.

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| <input type="checkbox"/> 04/02/2025 | <input type="checkbox"/> 04/03/2025 | <input type="checkbox"/> 29/04/2025 | <input type="checkbox"/> 20/05/2025 |
| <input type="checkbox"/> 24/06/2025 | <input type="checkbox"/> 29/07/2025 | <input type="checkbox"/> 02/09/2025 | <input type="checkbox"/> 08/10/2025 |
| <input type="checkbox"/> 04/11/2025 | <input type="checkbox"/> 09/12/2025 | | |

Kirkby-in-Ashfield Children's Centre

Pavilion Road, Kirkby in Ashfield, NG17 7LL

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: 1.30pm to 3pm.

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| <input type="checkbox"/> 20/01/2025 | <input type="checkbox"/> 17/02/2025 | <input type="checkbox"/> 17/03/2025 | <input type="checkbox"/> 14/04/2025 |
| <input type="checkbox"/> 19/05/2025 | <input type="checkbox"/> 16/06/2025 | <input type="checkbox"/> 14/07/2025 | <input type="checkbox"/> 18/08/2025 |
| <input type="checkbox"/> 15/09/2025 | <input type="checkbox"/> 13/10/2025 | <input type="checkbox"/> 17/11/2025 | <input type="checkbox"/> 15/12/2025 |

Hawtonville Children's Centre

Bowbridge Road, Newark NG24 4EG

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: 1.30pm to 3pm.

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| <input type="checkbox"/> 15/01/2025 | <input type="checkbox"/> 12/02/2025 | <input type="checkbox"/> 12/03/2025 | <input type="checkbox"/> 16/04/2025 |
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| <input type="checkbox"/> 10/09/2025 | <input type="checkbox"/> 22/10/2025 | <input type="checkbox"/> 19/11/2025 | <input type="checkbox"/> 17/12/2025 |

Woodberry

38 Main Street, Farnsfield NG22 8EA

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: Thursdays, 9.45am to 10.30am.

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| <input type="checkbox"/> 19/06/2025 | <input type="checkbox"/> 31/07/2025 | <input type="checkbox"/> 11/09/2025 | <input type="checkbox"/> 23/10/2025 |
| <input type="checkbox"/> 11/12/2025 | | | |

Sherwood West Children's Centre

Rainworth Water Road, Rainworth, Mansfield NG21 0DU

Please book on: sfh-tr.infantfeeding@nhs.net

Class times: 2pm to 3.30pm.

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| <input type="checkbox"/> 30/01/2025 | <input type="checkbox"/> 13/03/2025 | <input type="checkbox"/> 24/04/2025 | <input type="checkbox"/> 05/06/2025 |
| <input type="checkbox"/> 17/07/2025 | <input type="checkbox"/> 28/08/2025 | <input type="checkbox"/> 09/10/2025 | <input type="checkbox"/> 20/11/2025 |

Did you know?

All newborn babies, regardless of their feeding method enjoy skin-to-skin contact with their mum or birthing parent – exposure to bacteria on their mother / birthing parent's skin helps baby to develop a healthy immune system. skin-to-skin also regulates baby's temperature and heart rate and helps initiate their first breast/chest feed. If you choose to bottle feed, this first feed can be given by you, with your baby skin-to-skin.

Skin-to-skin contact helps to settle and soothe your baby, making them feel instantly more secure.

Partners and other parents can offer skin-to-skin any time after that first feed too, to calm and soothe their baby - you cannot spoil your baby with too much love.

For more information visit:

<https://www.sfh-tr.nhs.uk/our-services/maternity/infant-feeding/>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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