

Stories help describe what services do.

Every-day and ordinary, or life changing and extraordinary?

Pandora's Story - Infant Feeding Team - March 2023

Main purpose of service: The Infant Feeding Team support parents with feeding their baby. The Team offer a variety of support in the home, on the phone, in clinics and small support groups from health visitors, child development practitioners, volunteer breastfeeding peer supporters and lactation consultants. All staff are trained to the Unicef Baby Friendly Initiative Standards to support parents with breastfeeding, bottle feeding and weaning.



About the person: Pandora was referred to the Infant Feeding Team by her Health Visitor for additional support with breastfeeding her then 6-week-old baby girl Holly. Pandora explains **“I was having difficulties with feeding and experiencing pain, so I was referred for support with positioning and attachment. I was worried Holly wasn't gaining enough weight.”**

Reassuring support: **“Hayley was really good to talk to, she explained that Holly was a small baby who had a small mouth, so not to worry about latch and that her latch was good for a baby of her size”** continued Pandora. **“I didn't have a good position on the left, so Hayley advised I tried the rugby hold, which worked really well. Holly was also having trouble sleeping and Hayley was also able to support with that too.”**

Group support: Initially Pandora attended Locala's Feeding Support Group on a weekly basis and found it extremely beneficial spending time with other parents. She said **“I got loads of support at group and even though Holly is now feeding much better and I feel much happier about things, I've continued to attend on a fortnightly basis, because I just don't want to give it up as it's incredibly reassuring. I can ask questions, chat to other parents and get their views on things, but most importantly I've been able to watch other mums breast-feeding, which has made it so much easier for me.”**

Making a difference: **“Because of the support I've received from Hayley and the other parents at group, I now feel like I'm giving my baby what she needs. If it wasn't for them, I wouldn't still be breastfeeding, as I just wouldn't have been able to carry on without their support.**

Group taught me that I'm not alone and that others are going through similar struggles. It's been great to meet lots of new people; in the early days they helped me so much, but now I'm more experienced and have been attending for a quite a while, I'm now able to help other mums going through the same things that I did, which is a really good feeling.”