

Sumaiya's Story - February 2024

Name of service: Infant Feeding

Main purpose of service: For parents in Kirklees looking for support with feeding their baby.

The Infant Feeding 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.



This is an image of Sumaiya's daughter's favourite toy.

About Sumaiya:

Sumaiya is a mother to two children, including her six-month-old daughter. When Sumaiya gave birth to her baby daughter, she was excited to begin her breastfeeding journey. After two weeks of breastfeeding, Sumaiya felt close to giving up as it was becoming difficult and painful. Sumaiya reached out to her Health Visitor who then referred her to Locala's infant feeding team.

Infant Feeding Team:

"When I met Nicola from the Infant Feeding Team, she was fantastic in her support and recommended the breastfeeding support group at Dewsbury Moor Children's Centre. On my first visit to the group, I met Jo and Hayley, who were brilliant and helped me with positioning and any queries I had. Jo also shared her personal story with me regarding cluster feeding, something I was struggling with, which really supported me in adjusting my mindset."

"They saved my breastfeeding journey":

Sumaiya enjoyed attending the group sessions and seeing familiar faces on a weekly basis.

"Each week I looked forward to attending and seeing other mums too. Everyone encouraged and reassured each other and discussed similar struggles. It wasn't just a breastfeeding group; we could ask Jo and Hayley anything in regards to our struggles as new mothers."

"Jo and Hayley were always positive. They would weigh my daughter at each visit and tell me what a fantastic job I was doing. The continuous positivity reaffirmed my self-belief. They saved my breastfeeding journey; I nearly gave up."

"I just want to spread the word"

Following Sumaiya's positive journey with Locala's Infant Breastfeeding Group, she is passionate about letting other mums know about the support that is available for anyone who is breastfeeding.

"I also attended baby massage classes elsewhere and I told any mum who said they were struggling with breastfeeding to get in touch with Locala. Some mums weren't aware of the support that was available; I was sure to spread the word!"

"I am of Asian heritage and wear a veil and I know that many women who are in the same situation may be hesitant to attend these groups; I want to reassure them that I never felt uncomfortable or out of place; the feeding group was an accepting environment for all women."