

Become a Breastfeeding Peer Supporter in Calderdale



The Breastfeeding Peer Support service is always looking for volunteers to support expectant and new mums on their breastfeeding journey.

Locala
Calderdale PHEYS


Family Hubs
Calderdale

Mums who are breastfeeding may at times need some extra help and support. Our Peer Supporters are invaluable in supporting mums and their partners during this time, giving reassurance and confidence, enabling them to breastfeed for as long as they wish to.

To become a Breastfeeding Peer Supporter, you will:

- Have experience of breastfeeding your baby for at least 4 months
- Be willing to complete a DBS (Disclosure and Barring Service) check
- Attend a free training programme
- Be willing to give time back to support breastfeeding mums in Calderdale

Your experience matters!



Peer Supporters may be involved in:

- Attending breastfeeding support groups
- Support at Calderdale Royal Hospital Maternity Unit
- Breastfeeding Clinic and Tongue Tie Clinic
- Telephone support
- Attending breastfeeding awareness raising events
- Creating content for the Service's Facebook groups and answering questions
- Supporting at midwifery clinics
- Attending Getting Ready for Baby sessions

We will discuss with you what would suit you, your availability and your circumstances.

Volunteer Breastfeeding Peer Supporters are provided with contact and supervision by Locala's Public Health Early Years Service, as well as ongoing training and opportunities. Travel expenses and any equipment that you may need will be provided.

To find out more about the role and to apply, scan the QR code, visit:

**[calderdalefamilyhubs.org.uk/
breastfeeding-peer-supporters](https://calderdalefamilyhubs.org.uk/breastfeeding-peer-supporters)**

**or ask your
Health Visitor.**



What Breastfeeding Peer Supporters say about their role:

“Incredible thing to be part of and feel you make a difference to mums lives and their breastfeeding journey – I walk away with a spring in my step”

“It’s one of the best things I’ve done”

“I’ve been there, I’ve been you”

What mums say about breastfeeding peer support:

“The mum-to-mum support has been great, I have asked lots of questions.”

“You were invaluable to me as I navigated becoming a mum for the first time and all the things that come along with that”

“Saw a peer supporter in the hospital she was so helpful – just when I needed her.”

“Your experience matters,
become a Breastfeeding
Peer Supporter”

