

Family Hubs – Breastfeeding

[Text: Nichola – Support with breastfeeding]

[Logos: Family Hubs, Durham County Council, NHS]

[Video clip: Nichola seated cross legged in a room filled with cushions, baby on the floor]

[Video clip: Nichola standing with baby in room with another mum and staff members. Lots of toys, tunnels, tents, play mats and games]

“Breastfeeding wasn’t the easiest journey for me. I seemed to have like, we used to have a new problem crop up every week. I think that’s just the nature of having a baby. And it’s great because I know that every Monday I can come to this group and whatever problem has happened during the week I can speak to someone who knows more about the situation than I do and I can get help and advice.”

[Video clip: Returns to Nichola seated cross legged with baby on the floor]

[Video clip: Nichola and baby with another mum with baby and staff member in room with lots of toys, cushions, large picture window with view to the garden]

“Like we’ve had issues with feeding in public and trying to position him right. So I’ve had help with that. And then he’s gone through fussy phases where he just hasn’t wanted to eat and I’ve had help with that. And thinking he’s got reflux and thinking he’s poorly and all these things. And it’s just nice to come here and chat to professionals who know what they’re talking about but also other mums.”

[Video clip: Nichola seated cross legged with baby on the floor]

“It’s nice and informal because it’s just like a circle and you just come in and the babies are playing together.”

[Video clip: Large group of mums and babies in room with staff member, with mural of painted scarecrow in a field on one wall. Lots of soft mats and toys. Older child joins the group.]

[Video clip: Nichola seated cross legged with baby on the floor]

“But then if you need that one on one support then there’s multiple people here to help so you can just have that one on one time with someone. It’s not necess- You don’t have to air your problems to the whole group if you don’t want to.”

[Video clip: Staff member, two mums in conversation with three babies, seated on floor, with toys, and painted mural on wall.]

[Video clip: Nichola seated cross legged with baby on the floor]

“But you also have that option, you know, you can ask all the other parents. But then if you do have something that you’d rather just chat to someone one on one with there’s different rooms you can go in and you can ask these questions. And it’s kind of tailored to how you want to deal with it really. So it’s good for different people. “

[Text: To find out more about Family Hubs visit

www.durham.gov.uk/HelpForFamilies]