

Family Hubs - Early latch

[Text: Nichola – Early Latch Clinic]

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

[Video clip: Nichola seated cross legged in room filled with large soft cushions with her baby lying on the floor]

“So I had these sessions to help try and figure out how to get him to improve his latch because he wasn’t getting much milk, I was really sore. And that was just like a one on one session. I’d sort of learnt a lot of skills that I needed, that we both needed to sort of improve the latch. And it’s kind of only improved from there. So it sort of gave us like the foundation that we needed to actually not be in pain. [laughing] So it was really helpful.”

[Text: To find out more about Family Hubs visit

www.durham.gov.uk/HelpForFamilies]