

**SUPPORTING
YOU WITH THE
COST OF LIVING**

INFORMATION AND SUPPORT ON INFANT FEEDING

INFANT FEEDING SUPPORT


Derbyshire Healthcare
NHS Foundation Trust

If you need any advice or assistance with feeding your baby please **TEXT 07507 327754** and request the Infant Feeding Team. The team is available Monday – Friday.

FACE TO FACE BREASTFEEDING CLUBS IN DERBY

If you'd like to attend one of your local Breastfeeding Clubs, please book your place by **TEXTING** the team on **07507 327754**. All sessions will be facilitated by a member of the Infant Feeding Team. Information about the sessions can be found here:



Home visits are also available to those requiring face-to-face support. Please contact the team if you would like any support with feeding.

TYPES OF INFANT FORMULA, SAFE PREPARATION OF INFANT FORMULA AND HOW TO STERILISE BOTTLES:

First Steps Nutrition has information on different types of infant formula and a link to a guide on how to prepare infant formula and sterilise feeding equipment to minimise the risks to your baby.



If your baby is feeling unwell or you're concerned about your baby's feeding, seek medical support via your GP or calling 111.

ADDITIONAL SUPPORT FOR FAMILIES

INFORMATION ON WEANING

Advice on weaning can be found on the Best Start in Life website.



The First Steps Nutrition Trust has advice and recipes for eating well.



FAMILY HUBS

Derby's Family Hubs are available for all Derby City families with babies, children and young people from pre-birth until the age of 19, or up to 25 for young people with special educational needs and disabilities.



FamilyHubDerby

We offer a range of face to face and online support covering areas such as :

- Stay & Play sessions for 0– 5's.
- Infant feeding workshops, breastfeeding clubs and support for new parents.
- Help with well-being, mental health and parent-infant relationships.
- Support for children with special educational needs and their families.
- Dads, co-parents and other care givers activities.
- Child and family health activities, healthy eating, oral health and baby clinics.
- Support with managing finances and getting back into work or training.

Scan the QR Code to find your nearest hub, or call:
01332 640758.



CONNECTED PERINATAL SUPPORT



At Connected we provide free support for mums, dads, partners and families during pregnancy and throughout the perinatal period. We recognise that every family's pregnancy, labour, birth and early parenthood experience looks different – there is no one size fits all! This is why all we offer a range of free peer support services to suit every family.

- Free tailored individual support from our perinatal peer supporters throughout pregnancy and the months afterwards
- Free drop-in parent and baby groups
- Free Dads' groups and support
- Free support at Derby and Burton hospitals in the maternity, NICU and perinatal mental health wards

We'd love to see you at one of our groups. One of our peer supporters will always give you a friendly welcome and get you a drink – we know it can be nerve racking going somewhere new for the first time!

Find out more by giving our friendly team a call or message, find us on social media or see our website for more information on everything we provide, including when and where our friendly groups are.

Call **01332 412 561** or **07719 064 014**.

Search for Connected Perinatal Support on Facebook or Instagram

www.connectedperinatalsupport.org



FINANCIAL SUPPORT FOR FAMILIES

HEALTHY START SCHEME:

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.



WELFARE REFORM TEAM

Our Welfare Reform team supports people in Derby who are in crisis or experiencing financial hardship through signposting, support, and advice. Telephone **01332 643790** or email **welfare.reform@derby.gov.uk**

Please visit here for any further information and support around cost of living support:
www.communityactionderby.org.uk

