

The Breastfeeding Mothers' Trust: Supporting You From Pregnancy Through Weaning

Who we are

The Breastfeeding Mothers' Trust is a leading UK charity that provides support, information and encouragement to breastfeeding mothers. We offer a range of services, including:



The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy through Weaning by Kathleen Huggins

★★★★☆ 4.7 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 22370 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 451 pages |



- A national helpline
- Local support groups
- Online resources
- Publications
- Training for healthcare professionals

We are a team of experienced breastfeeding counselors who are passionate about helping mothers to breastfeed their babies. We believe that breastfeeding is the best way to feed a baby, and we are committed to providing the support and information that mothers need to succeed.

Our services

National helpline

Our national helpline is open 365 days a year, from 9am to 9pm. You can call us for free on 0300 100 0212.

Our helpline counselors are experienced breastfeeding counselors who can provide you with support and information on all aspects of breastfeeding, including:

- Getting started
- Troubleshooting common problems
- Weaning

Local support groups

We have a network of over 500 local support groups across the UK. These groups are a great way to meet other breastfeeding mothers and share your experiences.

To find your nearest support group, please visit our website or call our national helpline.

Online resources

We have a range of online resources available on our website, including:

- Articles on all aspects of breastfeeding
- Videos and podcasts
- A breastfeeding forum
- A searchable database of breastfeeding-friendly healthcare professionals

Publications

We publish a range of books and leaflets on breastfeeding. These publications are available to purchase from our website or from your local bookshop.

Training for healthcare professionals

We offer a range of training courses for healthcare professionals on all aspects of breastfeeding. These courses are designed to help healthcare professionals to provide the best possible care to breastfeeding mothers.

How we can help you

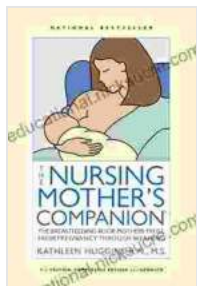
If you are a breastfeeding mother, we can help you with:

- Getting started
- Troubleshooting common problems
- Weaning
- Finding support in your community

We are here to help you every step of the way. Please do not hesitate to contact us if you have any questions or concerns.

Contact us

To contact us, please call our national helpline on 0300 100 0212, email us at info@breastfeedingmothers.org, or visit our website at www.breastfeedingmothers.org.



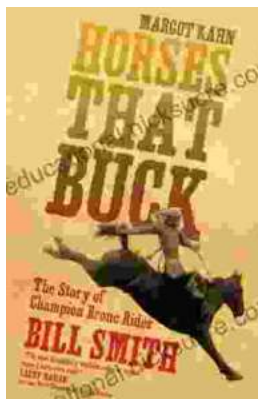
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