



# Mammas Breastfeeding Support Group

**Tuesday mornings 10.00 – 11.30am**

New Parks Children's Centre LE3 9RN

Fosse Library Mantle Rd LE3 5HG **3<sup>rd</sup> Tues in month**

See over for details and dates

New friendly group  
for breastfeeding  
mums and babies

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Come and meet  
other mums in a  
relaxed and friendly  
setting

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Qualified  
breastfeeding  
support from trained  
helpers and  
Mammas Feeding  
Specialist

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Help with all  
breastfeeding issues  
from birth to two  
years

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For more  
information:  
**Contact Sally**  
**07580159278**

# Welcome to Mammias New Parks & Fosse Breastfeeding Support Group!

Mammias offers breastfeeding peer support to families living in Leicester, as part of Leicester NHS Healthy Together. Mammias is led by a qualified IBCLC Lactation Consultant and Infant Feeding Specialist, Sally Etheridge.

Mammias New Parks & Fosse meets **every Tuesday morning 10.00-11.30am**. It is led by Sally and our volunteer peer supporter Katie. We are at New Parks Children's Centre each Tuesday **EXCEPT the 3<sup>rd</sup> Tuesday of the month**, when we meet at Fosse Library on Mantle Road. **See dates below.**

Our group is for any breastfeeding mum and her baby, wherever she lives. There is no need to make an appointment, and it is free. There will be a comfy place to sit and chat with other mums and with Sally and Katie, toys and activities for your baby, healthy snacks, topics of interest to new mums, and of course help, information and support for breastfeeding. You are welcome to bring a female friend or relation. We especially welcome grandmas!

**Just get in touch if you have any questions – Sally 07580 159278**

3 <sup>rd</sup> Sept	New Parks Children's Centre	<b>Meet &amp; chat</b>
10 <sup>th</sup> Sept	New Parks Children's Centre	<b>Sleep Baby &amp; You</b>
17 <sup>th</sup> Sept	Fosse Library	<b>Baby Massage with Naadiya</b>
24 <sup>th</sup> Sept	New Parks Children's Centre	<b>Colic &amp; crying &amp; reflux too</b>
1 <sup>st</sup> Oct	New Parks Children's Centre	<b>Expressing breastmilk</b>
8 <sup>th</sup> Oct	New Parks Children's Centre	<b>Breastfeeding older babies</b>
15 <sup>th</sup> Oct	Fosse Library	<b>Getting out &amp; about; travelling</b>
22 <sup>nd</sup> Oct	New Parks Children's Centre	<b>Sensory Baby – Sound!</b>
29 <sup>th</sup> Oct	New Parks Children's Centre	<b>Using herbs and home remedies</b>
5 <sup>th</sup> Nov	New Parks Children's Centre	<b>Feeding your New Baby</b>
12 <sup>th</sup> Nov	New Parks Children's Centre	<b>Managing family life</b>
19 <sup>th</sup> Nov	Fosse Library	<b>Dealing with stress &amp; low mood</b>
26 <sup>th</sup> Nov	New Parks Children's Centre	<b>Returning to work</b>
3 <sup>rd</sup> Dec	New Parks Children's Centre	<b>Caring for your baby's teeth</b>
10 <sup>th</sup> Dec	New Parks Children's Centre	<b>Starting solids</b>
17 <sup>th</sup> Dec	Fosse Library	<b>Creative activities with your baby</b>