

Breastfeeding Peer Support Training Course



- Are you a good listener?
- Have you had a positive breastfeeding experience?
- Do you feel that you could help other breastfeeding mothers in your local area have a positive breastfeeding experience too?
- Are you able to commit to 12 months regular volunteering in your area?

Have you considered becoming a Breastfeeding Peer Supporter?

A Peer Supporter is a mum who has breastfed and /or provided breastmilk for her child, who has undertaken a Peer Supporters training course. Whether you had difficulties or it was all plain sailing your experiences will be valuable in supporting others. No previous knowledge is necessary before training, we just ask that you have the experience of having breastfed your own baby.

About the training course:

The free 9 week North Somerset Public Health Breastfeeding Peer Support Course is delivered locally by our Public Health Peer Supporter trainers. Babies are welcome to join you at the training sessions.

- **When?** Courses normally run twice a year and run for 2.5 hours a week for 9 weeks during term time
- **Where?** We run the courses in Children's Centres across North Somerset
- Babies are welcome to join you at the training sessions.
- If you are interested please get in touch to be added to the course waiting list

How to find out more and get involved?

Please email your details to breastfeeding.welcome@n-somerset.gov.uk for an information pack and details of the next course