



Supporting Breastfeeding in Fife Monday 10th June- Sunday 16th June



The week aims to focus on enabling new mothers/parents to consider their breastfeeding journey and how they can be supported to -

- decide if breastfeeding is the right choice
- breastfeed in public
- breastfeed and return to work
- access local and national peer support

Is breastfeeding right for you?

Before your wee one arrives, it's a good idea to have a think about how you would like to feed them. Here you will find information on different feeding options to help you choose what's right for you.

<https://www.parentclub.scot/topics/feeding-your-baby>



Breastfeeding in public

Parent Club – Getting out and about while breastfeeding

<https://www.parentclub.scot/articles/getting-out-and-about-while-breastfeeding>

Parent Club Video: Mum Vanessa shares her breastfeeding experience and tips

<https://youtu.be/EFruDwyfh40>

Breastfeeding Friendly Scotland Scheme, NHS Fife

<https://www.nhsfife.org/services/all-services/health-promotion-service/breastfeeding-friendly-scotland-scheme/>

NHS Inform Ready Steady Baby

<https://www.nhsinform.scot/ready-steady-baby/>

Off to a Good Start, Public Health Scotland

[Off to a good start: all you need to know about breastfeeding - Publications - Public Health Scotland](#)

Maternity Action Website

<https://maternityaction.org.uk/>

Parent Club – Breastfeeding and Returning to Work

<https://www.parentclub.scot/articles/breastfeeding-and-returning-to-work>



Getting Support from Dad

Ask DadPad: Breastfeeding – how it work

<https://thedadpad.co.uk/ask-dadpad/breastfeeding-positions-attachment/>

Dad Matters – attachment and bonding

<https://dadmatters.org.uk/portfolio.../attachment-bonding/>

Fathers Network Scotland

<https://www.fathersnetwork.org.uk/>

NCT – How can dads and partners support breastfeeding?

<https://www.nct.org.uk/baby-toddler/feeding/tips-for-dads-and-partners/how-can-dads-and-partners-support-breastfeeding>

Parent Club Video: Dad Ryan shares his family's breastfeeding tips and experiences

<https://youtu.be/v2Wm0C7rU4k>



How to support mum to breastfeed

Bath time	Reading
Nappy changes	Babywearing
Baby massage	Playing with toys
Singing and talking to your baby	Skin to skin
	Walk in the pram

Breastfeeding and the Law

UNICEF – Breastfeeding in the UK

<https://www.unicef.org.uk/babyfriendly/about/breastfeeding-in-the-uk/> and https://youtu.be/7yNvkk_LfpU

Breastfeeding, Citizens Advice Scotland

<https://www.citizensadvice.org.uk/scotland/law-and-courts/civil-rights/breastfeeding-s/>

Managing Pregnancy and Maternity, ACAS

<https://www.acas.org.uk/managing-your-employees-maternity-leave-and-pay/check-health-and-safety-risks>



Did you know Scotland has a law to protect you to breastfeed your baby in public?

Breastfeeding support through local groups in Fife

Local groups are open to any pregnant woman to talk about breastfeeding, ask question and get advice. The groups are also a support to new mothers on their breastfeeding journey. The groups are supported by Infant feeding professionals and trained peer supporters.

You can also find details about breastfeeding groups in Fife (and other areas) on the parentclub.scot website Or link into the local facebook pages

- Fife Breastfeeding Café Kirkcaldy
- Fife Breastfeeding Support Group
- The Milkyway – Fife Breastfeeding Café Dunfermline
- NHS Fife Health Visiting Team
- NHS Fife Maternity, Pregnancy and Birth
- Family Nurse Partnership Fife

You can also find more information and support from NHS Fife on [Maternity services in NHS Fife | NHS Fife](#)