Breastfeeding is a mum's surest way of giving her baby ALL the nutrients they need. It is without doubt the most natural, normal and nourishing way to conveniently feed a baby.

**Getting off to a really good start**

**Skin to Skin contact** - as soon after birth as possible - this will enable baby to trigger mum’s milk production hormones.

**Early Feed** - baby receives the vital colostrum, which is nature’s very first vaccine.

**Demand Feed** - feed your baby as often as they like! This means mum’s body will know how much milk to make.

**Ante-natal Preparation** - is so important, learn all about how to breastfeed at attend ante-natal workshops (see over).

**Ask for Support** - there are many welcoming support groups (see over) who can offer trained advice and problem solving.

**Breastfeeding Benefits for Baby**

- Reduced Respiratory Infections
- Reduced Gastrointestinal infections
- Helps prevent Asthma & Eczema
- Reduced chance of juvenile diabetes
- LCP's naturally occurring in Breastmilk are vital for sight development
- Antibodies in Breastmilk boost baby’s immune system
- Better development of brain and nervous system

The World Health Organisation recommends exclusive breastfeeding for 6 months for the full benefits to be gained, although some breastfeeding is always better than none.

For more information, stories, groups, useful numbers, welcoming public places please look out for “The Essential Guide to Breastfeeding in Cornwall” or visit our website www.realbabymilk.co.uk
Bodmin - “Bosom Babes” Thursday 10am-12pm
Bodmin Childrens Centre, Higher Bore Street 01208 262960

Launceston Breastfeeding Support, Wednesday 1-3pm,
St John Ambulance Hall, Westgate Street 07866 741 879

Plymouth Latch-on Group, Tuesday 10.30-12.30
Tesco’s Cafe, Transit Way, Plymouth 01752 366795

Newquay Breastfeeding Group, 12-3pm
Resource Centre, Mount Wise 01637 893680

Penrice Breastfeeding Clinic Friday 10am-4pm
Penrice Birth Centre, St Austell Mary on 01726 891228

Bugle Breastfeeding Group Wednesdays 1.30 - 3pm
Bugle Village Hall, St Austell 01726 74395

St Eval, Padstow Breastfeeding Support -
being arranged  Ring 01637 893662 for details

St Austell NCT Group - Thursdays 10am-12pm
Cedar Hall, Trinity Street (small fee) 07914 765 762

Falmouth Breastfeeding Support - Thursdays 10.30 - 12pm
Trevaylor Health Centre, Falmouth 01326 312725

BIB Club Penryn, Tues 1.30 - 3pm
Penryn Surgery, Penryn ring Harriet on 01326 379403

Truro Breastfriends, Tuesdays 11am-1pm
Truro Rugby Club Conservatory, St Clements Hill 01872 354401

Camborne Breastfriends, Various Groups Mon 10am-12pm,
Weds 11.30-1.30pm Friday 10am-12pm Ring 01209 611700 fo info

Redruth Bosom Buddies, 11.30am-1.30pm
Penoweth Childrens Centre Jeanette on 01209 881850

Helston Breastfeeding Group, Tuesdays 10.30am- 12pm
Helston Health Centre, Sarah on 01326 435880

BIB Penzance, Tuesdays 12-1.30pm
Lescudjack Childrens Centre - ring 01736 334864

Hayle - First Friend Drop-ins Weds 10-12pm Portheyl Childrens Centre
St Ives - First Friend Drop-ins St Ives Childrens Centre
ring Nina or Janet on 01736 759058

Marazion Wednesdays 10am - 12pm - Community Centre
St Just Under 1’s Tuesdays 9.30-11.30am Cricket Pavillion
Carbis Bay Thursdays 10am-12pm, small room behind St Anta Churc
Ring Julie at Sure Start Chy Carn on 01736 350100