

Storage of expressed breast milk

Store in a sterile container (e.g. ice cube tray)

Fresh breast milk

Room	6 hours
Fridge: (not in the door) 0 to 4°C	up to 5 days
In freezer compartment of fridge	up to 2 weeks
Freezer: -18°C or lower	up to 6 months

Previously frozen breast milk

Thaw in fridge and use immediately—defrosted milk does not keep.

More information can be found on page 50 in 'Off to A Good Start' or ask your Midwife, Health Visitor or Peer Supporter.

Local Peer Support

We have a group of trained Breastfeeding Peer Supporters who can give you support over the phone or at a mutually agreed venue.

All breastfeeding women can be referred to the Peer Support programme and will be contacted by text within 48 hours of discharge from hospital. Please contact 01845 825970 if you do not receive this text.

For more information and additional breastfeeding support contact:

Peer Co-ordinator Lynn Kendall
01835 825970/07824474024

Barbara Jessop (Joint Health Improvement Team)
01835 825970/07775227121

Or ask your Midwife or Health Visitor



July 2019



Breastfeeding Groups



Breastfeeding Groups in the Scottish Borders

New mums can find it helpful to attend a group whilst they and their baby get used to breastfeeding. The groups enable Mums to:

- Meet other Mums and their babies
- Share experiences
- Boost Confidence
- Relax and enjoy a social time together
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You are welcome at any stage of your breastfeeding journey

If you are travelling a distance, please call to check opening times before you set out as

Town	Venue	Time	Contact
Kelso Group	Kelso Health Centre TD5 7LF	Monday 10am-11.30am	Jessica Cunningham 07887451559
Nourishing Hawick	Hawick Health Centre TD9 9DT	Monday 10.30—12 noon	Hawick HV team or Lynn Kendall 07775227114
Eyemouth	Eyemouth Early years Centre	Monday 10.30-12.00noon	Eyemouth Early Years Centre 01890 750 785 Juliet Smith - 07816061542
Jedburgh Breastfeeding Group	Jedburgh Health Centre Queen Street Jedburgh TD6 6EN	Tuesday 1.30 - 3pm	Elaine Rowe 07887451562
Tweed Feeders	<i>1st Wednesday of the month at</i> Mojos Soft Play Other weeks Langlee Early Years Centre. TD1 2EB	Wednesday 10am-11.30pm	Debbie Beattie 07973981390

Town	Venue	Time	Contact
Honeysuckle Cafe	Park Hotel Innerleithen Rd, Peebles EH45 8BA	Wednesday 1.30—3pm	Kelliann Carryer 07976295368 Julie Houghton 07966207533 Gemma Balmbra 07973981397
Selkirk Breastfeeding Cafe	Philiphaugh Early Years Centre TD7 5LT	Thursday 10 - 11.30am	Joint Health Improvement team 01835 825970
Lauder Latchers	Daisy Chain Cafe Lauder	Fridays 10.00-11.30am	F Peto 01835 825970

Skin to Skin

Remember you can continue with Skin to Skin at home:
Holding your baby in skin to skin contact helps with:

- Attaching your baby at the breast
- Positioning your baby for a feed
- Calming your baby
- Baby fussing
- Increasing your milk production
- Calming and relaxing you.

