

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

Our trained Breastfeeding Peer Supporters can give you support over the phone

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 07775227121 if you do not receive this text.

More information & additional breastfeeding support:

Barbara Jessop (Joint Health Improvement Team)
07775227121 or ask your Midwife or Health Visitor

National Support :

Parentclub.scot

Brestfeedingnetwork.org.uk

UNICEF Baby friendly Initiative



Breastfeeding Groups



During COVID 19 all support groups are cancelled.

You can still get support by:

- * Linking with a Peer on the phone or by text
- * Joining a local group on Facebook
- * **Attend Anywhere** 1:1 breastfeeding support with the Infant Feeding team
- * Following NHS Borders Bumps, Babies and Beyond Facebook page

Town

Usual Venue/Time/Facebook

Nourishing Hawick

Natalie Patterson
07517371834

Hawick Health Centre, TD9 9DT
Monday 10.30—12 noon
Follow Nourishing Hawick
on Facebook



Eyemouth

Eyemouth Early Years
Centre
01890 750 785

Eyemouth Early years Centre
Monday 10.30-12.00noon
Follow Eyemouth Breast Friends
on Facebook



Jedburgh Breastfeeding Group

Elaine Rowe
07887451562

Jedburgh Health Centre,
Queen Street, Jedburgh,
TD6 6EN
Follow Jedburgh Breastfeeding
Group on Facebook



Tweed Feeders

Debbie Beattie
07973981390

Langlee Early Years Centre.
TD1 2EB
Wednesday 10am-11.30pm
Follow Tweed Feeders
on Facebook



Honeysuckle Cafe

Julie Houghton
07966207533
Gemma
Balmbra 07973981397

Park Hotel, Innerleithen Rd,
Peebles, EH45 8BA
Wednesday 1.30-3pm
Follow Honeysuckle Cafe
on Facebook



Selkirk Breastfeeding Cafe

Infant Feeding Team
07775227121

Philiphough early Years Centre,
Selkirk, TD7 5LT
Thursday 1.30-3.00pm
Follow Selkirk Breastfeeding Cafe
on Facebook



Lauder Latchers

Infant feeding team
0775227121

Daisy Chain Cafe Lauder
Fridays 10.00-11.30am
Follow Lauder Latchers on
Facebook



Attend Anywhere appointments available

Monday 2-5pm, Wednesday 5-6pm,

Friday 10am-12noon

Ask your peer supporter, Midwife or Health Visitor
for a link or call Barbara Jessop on 07775227121

Follow NHS Borders Bumps, Babies and
Beyond on Facebook



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

