Breastfeeding Network get arty

A group of breastfeeding mums and their babies got creative last month during a visit to Artastic in Kilwinning. The Breastfeeding Network organised a ‘messy play’ session to stimulate the babies’ senses using a range of fun, textured products such as play dough and ‘gloop’. Mums got messy too, and were able to meet and chat with other families who are breastfeeding.

The visit also provided the opportunity to raise awareness of the NHS Breastfeed Happily Here scheme. The Breastfeeding Network is working with NHS Ayrshire & Arran to help promote the scheme, which encourages shops, cafes and other community venues to make breastfeeding mums feel welcome and comfortable feeding their baby while they are out and about.

Elizabeth Smith, NHS Ayrshire & Arran’s Community Infant Feeding Nurse, explains: “The Breastfeeding etc Act 2005 makes it illegal to stop any mum feeding her baby in a public place, but not everyone is aware of the law. Our Breastfeed Happily Here scheme works with local companies and the public to raise awareness of the Act and provide information and guidance on how best to support a breastfeeding mum.”

Sarah Edwards, Breastfeeding Network volunteer, adds: “The Breastfeeding Network is a charity which offers independent, non-judgmental support and information to help families make a decision about how to feed their baby. We run eight friendly drop-in groups across Ayrshire where pregnant and breastfeeding mums can meet other mums for a chat and a cup of tea as well as get support and information from trained volunteers if they have any questions. Events like the trip to Artastic not only raise awareness about breastfeeding in public but also help parents meet other breastfeeding families.”

For more information about the Breastfeed Happily Here scheme, please email breastfeedhappilyhere@aacpt.scot.nhs.uk or freephone 0800 169 1441. For more
information about Breastfeeding Network support in Ayrshire visit
www.breastfeeding-network.org.uk/ayrshire.

Ends

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Photographs:

160315BFN1: The Breastfeeding Network enjoys the messy play event at Artastic in Kilwinning.
160315BFN2: Local mums and their children having fun getting their hands dirty.

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