

If you need to take any medications, be sure to check that they are safe to take whilst you are breastfeeding. You can check this at your local pharmacy or with your GP.

You will be supported in the hospital and at home by midwives and maternity support workers in your **choice of feeding** whether you are breast or bottle feeding.

Your midwife will teach you how to hand express your milk before you go home. If you are thinking about **expressing your milk**, you can ask your midwife or health visitor for advice. See **page 32** for more information.

For further information on hand expressing, visit:

- **Unicef:**
www.unicef.org.uk/babyfriendly/baby-friendly-resources/video/hand-expression/

If you have any concerns regarding feeding please contact your community midwife, breastfeeding support worker or health visitor.

For more information visit:

- **Unicef:**
www.unicef.org.uk/babyfriendly/baby-friendly-resources/support-for-parents/
- **NHS Choices:**
www.nhs.uk/Conditions/pregnancy-and-baby/Pages/breastfeeding-first-days.aspx
- **The National Childbirth Trust:** www.nct.org.uk
- **La Leche:** www.laleche.org.uk
- **Association of Breast Feeding Mothers:** www.abm.me.uk
- **Breast Feeding Network:** www.breastfeedingnetwork.org.uk
- **or call:**
The National Breastfeeding helpline: 0300 100 0212 (9.30am-9.30pm)
- **or call:**
The NCT Breastfeeding line: 0300 330 0771 (8am-12 midnight)