

# Breastfeeding support



**For breastfeeding  
mums** in Bury



# Support for breastfeeding mums in Bury

In partnership with your Midwife or Health Visitor, the Lifestyle Service can offer support and guidance on the following: -

- The benefits of breastfeeding
- Building confidence
- Establishing breastfeeding
- Advice and support around breastfeeding issues
- Positioning and attachment
- Feeding on demand
- Expressing and storing milk
- Hand expressing.

The Lifestyle Service will help you achieve the best outcome for your baby.

This service is for parents who either live, work or study in Bury, or who are registered with a GP in the area.

Follow us  @LifestyleBury  LifestyleService

If you are ready to make changes to improve your health and lifestyle we can help.

Call the Lifestyle Service on:

**0161 253 7554**

Email: [LifestyleService@bury.gov.uk](mailto:LifestyleService@bury.gov.uk)