

Pregnant women, new mothers and their families have many questions

Support services are there to help answer questions you have and to help build your confidence in being a parent.



Where is this support?

Support may be provided by a variety of people: Friends and family, volunteer supporters, and health workers can provide support.

Support may be provided in different places: community groups, in your home, in the hospital or health clinic, GP office, or by phone, text and the internet.



Support groups are great to meet other mothers, socialise and learn from them about experiences of being a new mother. Pregnant women, new mothers and experienced mothers, babies and toddlers are welcome. Some groups are specifically for premature babies or multiple births. National support groups have web sites with information too.

Most support groups have someone trained in breastfeeding management who you can talk to one to one at the group, at any other time or by phone.

Contact volunteer mothers who are trained counsellors/Leaders at <http://cuidiu.ie/supports-breastfeeding-counsellors> and www.lalecheleagueireland.com/

Support groups are listed by county at the HSE web site www.breastfeeding.ie

Specific expertise may be needed if you have a concern such as low weight gain, sucking difficulties, illness or medical condition of mother or baby. A lactation consultant (IBCLC) is a health professional specially trained to assist with breastfeeding related concerns. An IBCLC may work in a maternity hospital, in primary care or in private practice. A list of the IBCLCs in private practice is at www.alcireland.ie



This is general information. Discuss your specific needs with your midwife, nurse or doctor.

Like more info sheets? Visit the BFHI web site

