

We are a breastfeeding-friendly practice – you are welcome to breastfeed in our waiting room or we will try to find a room for you if you prefer privacy. If you are pregnant and have questions about breastfeeding and medication we are happy to advise.

Breastfeeding not only helps to protect babies from common childhood infections, reflux and constipation but also protects mothers and babies in later life from obesity and some cancers!

If you need help or advice on breastfeeding please speak to your midwife or health visitor who can refer you for specialist support or contact the Southampton National Childbirth Trust who run drop ins and breastfeeding advice over the phone

<https://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=WH7KPxN4P5U>

Out and about? Check out breastfeeding-friendly venues near you

<https://www.breastfeedingwelcomescheme.org.uk/>