

Family Hubs - Infant feeding

[Text: Nicky – Infant Feeding]

[Logos: Family Hubs, Durham County Council, NHS]

[Video clip: Nicky with her baby standing in front of the scarecrow mural]

“My milk didn’t come in initially so I just felt you know a little bit defeated. Like I’m trying my best to do it and it’s just between us we weren’t communicating very well, it just wasn’t working.”

[Text: Zoe – Infant Feeding]

[Video clip: Zoe with her baby standing in front of the scarecrow mural]

[Video clip: Mums with babies on soft mat playing with toes, camera pans to other mums holding their babies and staff members in room, talking]

“It’s been really helpful the health visitors being here and if I’ve had any queries like rashes or if there’s illness or at first when <Name> feeding a lot, so he was feeding far too much and I was worried about his weight.”

[Video clip: Zoe with her baby standing in front of the scarecrow mural]

“So they would make sure he, they would weigh him if the clinic was empty and helped explain to me like the difference with breastfeeding and how it’s responsive feeding and these are the set times.”

[Video clip: Large group of mums seated on floor talking in small groups, babies being held or playing, lots of toys, staff members engaged with group]

[Video clip: Zoe with her baby standing in front of the scarecrow mural]

“It was really helpful to find out a bit more about the health side of it and how you don’t focus on how many feeds, you focus on how happy and healthy they are.”

[Video clip: Nicky with her baby standing in front of the scarecrow mural. Older child playing]

[Video clip: Small group of three mums and three babies, laughing and chatting]

“It’s nice having other mums that you can bounce off a bit. And the support and advice from the professionals here as well.”

[Photo: Staff member and two mums with baby lying down, another baby sitting held by mum.]

“Not just about weaning either because we’re weaning now so we’re doing baby-led.”

[Video clip: Nicky with her baby standing in front of scarecrow mural, small boy in shot.]

“So we’ve had advice about that, not just the breastfeeding. And it’s just the general, you know, I feel like it is like a little community here.”

[Video clip: Zoe with her baby standing in front of scarecrow mural]

[Photo: Mum with baby playing with toy with bells, another baby holding a ball. Two mums in the background]

[Photo: Staff and mums laughing, seated, one mum holding young baby upright. Toys and games on the floor.]

[Video clip: Zoe with her baby standing in front of scarecrow mural]

“So it was nice to meet other mums in the same situation who understood what the challenges of breastfeeding were. And just seeing other people’s stories as well and being able to meet some people and some good friends.”

[Text: To find out more about Family Hubs visit

www.durham.gov.uk/HelpForFamilies]