



Winter Edition

t 01226 320108

e bflink@vabarnsley.org.uk

w www.vabarnsley.org.uk/services/breastfeeding.php

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Breastfeeding Link Workers

bflink news

Supporting Barnsley to be a Breastfeeding Friendly Town



Happy New Year from all the team



Congratulations and well done



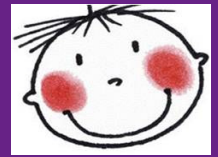
Angela Beaumont and Anne Amott have graduated at Huddersfield University achieving the Certificate in Education. Which will enable them to provide mentorship to support others with their personal development. Congratulations to Andrea Danks, Sarah Dodd, Sonya Kettle, Suzi Dunn and Zoe Smith for passing PTLLS (Preparing to Teach in the Lifelong Learning Sector) at Level 4.



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The breastfeeding journey of Lia Harness and her family



I don't really know why I decided to breastfeed, it just seemed like the obvious thing to try and do, which is funny because I didn't know that many people who'd done it! Now I am so pleased I did, knowing all the benefits for both of us!



I was induced early, and after a long and slow labour I ended up having an epidural. Luckily that didn't stop Dylan and within the first half hour of being born he latched and we are **still going strong at 16 months old**. Now it's a doddle as he mainly has solids and has gradually cut back the milk, but in the early days and weeks I doubted myself a lot.



I went to our local breastfeeding group when Dylan was about 3 weeks old - mostly for a bit of company but I am glad that I did. Those early hurdles like growth spurts, cluster feeding, and difficulty latching were all reassuringly normal and easily overcome with the help of a peer supporter and other mums!



Now **I look back on growth spurts and cluster feeding quite fondly - what better excuse to sit on the sofa with a snack and a DVD** while poor hubby had to pick up on the cooking and cleaning! Support at home I think was crucial in the early days. My husband made sure I ate and drank, and rested when I could.

Soon after I was put on anti-depressants but having spoken to a mum at the group with similar experiences I knew this was okay. At group I learnt how to feed lying down so I could rest as Dylan was a frequent feeder, particularly through the night! And being as informed as possible; there were a lot of 'myths' thrown at me from friends and family who'd had difficulty feeding in the past but if you know the answers or where to get them from, you can feel confident in your body! No, my milk wasn't going to turn to water, and yes he really could be hungry again already!



The breastfeeding journey of Lia Harness and her family



The group also helped me start on my feeding in public journey. I am by no means an exhibitionist but faced with the option of a crying baby drawing attention to me or just getting comfortable and feeding him, I had to learn fast! That first feed at group, where our Breastfeeding Link Worker observed to help me with positioning and attachment.....well I ended up half stripping off after getting in a tizzy with some supposedly wonderful breastfeeding tops! As we got better, I could feed him and carry on with life with no one any the wiser.

I recently completed the peer support training which was so interesting and I think it will really help if I have another baby to feed in the future! I was lucky enough to be offered a job elsewhere after the training which I feel shows how good the support and training was that I had in Barnsley.

Obviously as he has got older there have been other hurdles to deal with - too busy playing to feed, getting the milk / solids balance right etc. Lazy latching can still crop up even now! But I've always been able to get support at group and have carried going when I can to be a listening ear to other mums.

He has grown fabulously and is now a healthy, happy toddler and it has been so worth it!



Update on the Breastfeeding Link Worker Team and volunteers



Breastfeeding Link Worker

Tamsin Hayhurst has gained employment as a Breastfeeding Link Worker, currently covering maternity leave.

Administration Assistant



Hi my name's Liz Lumb and I am very pleased to be working as admin assistant for the Breastfeeding Link Worker Service.

I have a lot of admin experience and breastfeeding experience and this seemed like my ideal job, so thanks to those who gave me the chance.

I see this as an opportunity to be part of a team on an exciting journey to Barnsley becoming more breastfeeding friendly.



Volunteers update

Deborah Kipasa has gained employment as a Care Worker and will commence in January. She will still continue to volunteer for the service.



And a warm welcome to Natasha Hirst who has begun volunteering with us. It's a pleasure to welcome her to the team.

Breastfeeding Friendly Award and feedback information

It is easy for your business to achieve the Breastfeeding Friendly Award

Staff training is provided FREE. Incorporated into this training is information about:

- How Barnsley is working towards being a breastfeeding friendly town
- How to support your staff returning to work if breastfeeding
- How often babies are fed and how to deal with negative views about breastfeeding families.

Upon completion a certificate of Achievement is awarded. As part of this award your business will be provided with 'Welcome to breastfeed here' signs, which we would ask you to display. Other resources will also be provided including the breastfeeding policy. On achieving the award your business will be placed on a list of Breastfeeding Friendly Awarded places in Barnsley. This information is circulated to all breastfeeding families and can be found on our website.



Feedback

VAB welcomes feedback on its services from customers and service users. If you wish to make a compliment, complaint or comment about the service you receive.

Please contact our main office for a copy of our procedure or send your comments to:

The Core
County Way
Barnsley
South Yorkshire
S70 2JW

Tel: 01226 320100 Fax: 01226 320101

Email: info@vabarnsley.org.uk

Newsletter/Press Queries

If you have any queries regarding this publication, wish to be featured in the next edition or alternatively if you want to be added/deleted from the mailing list contact:

Angela Beaumont on 01226 320108 or
Email: bflink@vabarnsley.org.uk

Opening Hours

Monday -Thursday: 9.00am - 5.00pm
Friday: 9.00am - 4.30pm

