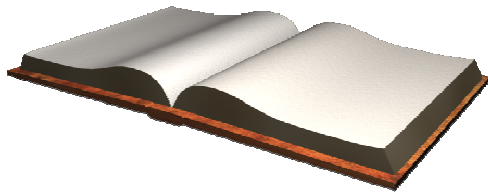


## *My Personal Story by*

## *Emma Taviner*

After giving birth to my daughter in 2006, I had decided that I wanted to breastfeed. When my daughter was 5 weeks old, my Midwife told me about a breastfeeding Peer Support group at my local Children's Centre. I attended the group and I was able to take part in the La Leche League Peer Counsellor Training Programme. This lasted 12 weeks and afterwards I was able to support mums coming into the group and also mums that I met from day to day.



After doing my training, I felt much more confident in my ability to breastfeed and it also answered all those niggling questions that I had. When Zia was 9 months old, I was given details of a Breastfeeding Link Worker post that had become available.



This is a picture of me, Emma Taviner taken in May 2007

***"I felt much more confident in my ability to breastfeed and it also answered all those niggling questions that I had."***

I worked as a Link Worker for over a year and have enjoyed the experience and diversity of the work immensely. I have now decided that I would like to train as a midwife and I have applied for a course starting September 2009.

I feel that this would not be possible had I not completed my peer counsellor training and more importantly worked for Voluntary Action Barnsley as a Breastfeeding Link Worker.

I felt that I had gained enough experience, through my peer support training and attending a peer support group to apply for the position. I successfully gained employment in this role.



**If you would like to become a BHNFT breastfeeding peer supporter contact**

**Angela at Voluntary Action Barnsley 01226 320108 or**

**[Angela.beaumont@vabarnsley.org.uk](mailto:Angela.beaumont@vabarnsley.org.uk)**