

Delivering Early Breastfeeding Support

DEBS Team



**Breastfeeding
Friendly
Scotland**

When you start breastfeeding you may feel overwhelmed. You and your baby are learning a new skill and learning something new can be a challenge.

We know that some women stop breastfeeding before they want to because they find it difficult in the first few days. In this project we will be offering additional support to women before and after birth. We are offering face to face small group sessions before your baby is born and then a one to one hospital visit when your baby is about 24 hours old. Once you are discharged to home we can provide telephone and/or text support until your baby is 28 days old. This support is in addition to the support you will get from maternity staff and health visiting services.

If you would like to take part in this project please complete the consent form and hand back to your community midwife. We will then get in contact with you. If you would like more information about this project please contact us, details below.

If you participate, we will send you a text link to an online questionnaire when your baby is 6-8 weeks old in order to get feedback from you about the DEBS project.

We would like to help you on your breastfeeding journey.



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