



December 12th, 2014

Mum knows best

Pregnant women in South Tyneside can get advice from other mums on feeding their new babies thanks to DVDs bought through the League of Friends of South Tyneside Hospitals.

The DVD will be shown at the infant feeding workshops which South Tyneside NHS Foundation Trust's breastfeeding support workers hold at Children's Centres in the borough.

Public Health Midwife Jane Harker said: "We are very grateful to the League of Friends for their generous donation, which has enabled us to buy several copies of the DVD. Every pregnant women in South Tyneside receives an invitation to an infant feeding workshop, where they are given information about providing the best, healthiest start for their new baby. The DVD is really useful because it features real mums sharing their personal experiences and tips and advice and pregnant women can relate to that."

For more information about breastfeeding support in South Tyneside, call 0191 4041025.
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Pictured above: Chairman of the League of Friends Maureen Young, left, treasurer Sue Goddard, fourth from left, and volunteer Ann Duffy, right, present the DVDs to breastfeeding support workers Jan Carmichael, second from left, and Michelle Smith, second from right, watched by Public Health Midwife Jane Harker

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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