

# Breast Feeding Buddy



Here to help new mums  
in Knowsley

everyonehealth  
because everyone matters

Q1 Feedback and  
case studies



# Case study 1



it's time...  
to hear your story



"I've really enjoyed the chats with my Buddy who has breastfeeding experience and knowledge! My Buddy always reassures me and makes me feel that what I'm doing is a good job, but also doesn't make me feel under any pressure.

The Breastfeeding Buddies Facebook group where we can ask any questions and share info and stories has been so helpful and I would be lost without it!

I think this is an amazing service to offer support to women like myself and I'd like to say thank you."

- Claire



## Case study 2



it's time...  
to hear your story



"My beautiful little boy George and I had a difficult start to breastfeeding. George was away from me needing treatment after birth which meant he needed to be formula fed, and when I did try to breastfeed he would become very distressed and impatient at having to try a little harder to get his milk.

I had always wanted to try and breastfeed so felt quite disappointed thinking that it wouldn't work out for us. I was referred to support from the Breastfeeding Team and Support group which completely turned things around for us. Through emails, messages, phone calls and home visits I have felt supported and cared for throughout my breastfeeding journey, which I am so proud to say, I am exclusively breastfeeding my little boy.

I have felt listened to around my worries and concerns and have been provided with amazing support and advice. There have been moments where it has been very difficult, but knowing I have a network I can reach out to for support is so reassuring, especially when discharged from midwife led care. My confidence is growing when feeding my little boy and I have even felt able to feed when out and about which is something that I was really dreading. My little boy is thriving and happy which is all any parent ever wants. I am not sure how long I will breastfeed my little boy, but have been so happy about getting this far and have only done so due to the support which I have received."

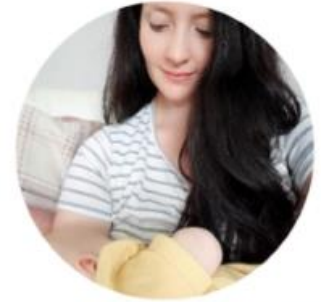
- Diane



## Case study 3



it's time...  
to hear your story



"I am so glad to have had the support of the Breastfeeding Buddy service. I have felt a lot of comfort in knowing that there is somebody there who is friendly, knowledgeable and eager to support us in our breastfeeding journey.

Jacob is 8 weeks and we are exclusively breastfeeding and loving the beautiful bond. The Facebook group has also been amazing in having a small community of supporters and women in the same position helping each other out.

Hopefully we will breastfeed beyond a year, thank you Breastfeeding Buddies for helping us to set great foundations!"

- Kelly





## Case study 4



it's time...  
to hear your story



"The telephone calls from my Buddy helped me get through some tougher times of breastfeeding, and have helped me carry on with my journey. It was so nice to have someone to call you where and chat about feeding.

I felt completely at ease sharing my experience and asking questions when chatting with my Buddy and was comfortable to bring up any concerns which they helped with."

- Kelsie

