



The Breastfeeding Network Peer Support - Collaborating to Support Families

We work with partners in the NHS, HSCP's and third sector organisations collaborating to develop services that reduce health inequalities and improve outcomes for families.

We collaborate with the parents, families and children we support and the communities they live in. We invite feedback from parents and others to help us build effective and welcoming communities of support.

All our volunteers and staff have lived experience of breastfeeding and being a parent and they are part of the communities they are volunteering in.

We collaborate with our volunteers and families to help us co-design new services that are led by and embedded in the communities they will be supporting.

Examples of collaboration and impacts



Scottish Breastfeeding Collaborative

We are part of the Scottish Breastfeeding Collaborative which is a group of NHS, HSCP, local authorities and third sector organisations all working together to improve infant feeding support and reduce health inequalities for families across Scotland. Working together reduces duplication and supports sharing and learning around what works for parents and babies. Our most recent collaboration was research around improving support for women with a disability or long term condition

NHS Lothian

In Midlothian we work with the NHS to offer antenatal classes and ongoing support for parents living in areas of higher deprivation and lower breastfeeding rates. We worked together to design support to help parents see how breastfeeding might work for them. All mums can ask for 1:1 phone calls and messages in the 6 weeks after their baby arrives to help them to achieve their own feeding goals

NHS Forth Valley

BfN volunteers work on the maternity wards at FVRH offering peer support to mums and parents in the earliest hours and days after their baby arrives. Working closely with Midwives and maternity services means parents can access support to help them get off to a good start with breastfeeding and that they know where to access ongoing support in their community

Collaboration is at the heart of all we do

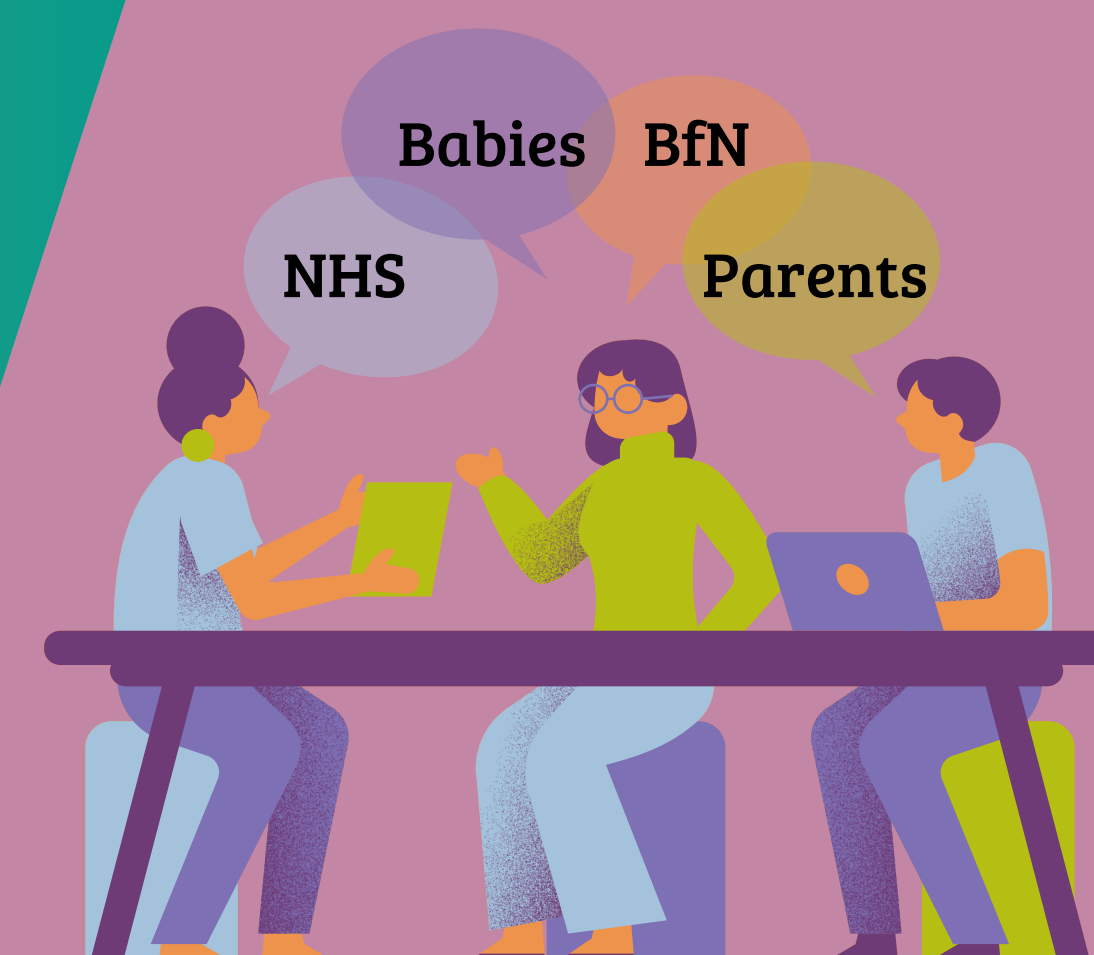


Voice of the Infant - North Ayrshire

We are working with the Speech and Language Therapy team, BfN staff and volunteers, and families at our Tea and Tots groups doing work around the voice of the infant. The aim is to improve our services for babies and children attending and support parents to be more aware of how their baby can communicate, supporting infant mental health and helping parents to build close and loving relationships

Glasgow Life - GoMA

BfN has pop up peer support groups running in the Glasgow Gallery of Modern Art. This collaboration ties in with an exhibition about motherhood and infant feeding and means that parents can more easily find information about infant feeding and the support that is available across Glasgow. We run infant feeding groups at libraries in Glasgow collaborating with Glasgow Life and linking with other organisations who also work in community libraries



BfN peer support uses the power of collaboration and social networks to improve health and wellbeing. It is powerful to be supported by someone who has experienced what you are going through. The two-way, reciprocal nature of peer support means that both the peer supporter and parent benefit. Because peer support has relationships and collaboration at its core it helps build social capital, positively benefiting communities and reducing health inequalities.

SCAN ME!

