**Plymouth Online Breastfeeding Support**

Below is a schedule of free online breastfeeding support being held throughout the week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| There is daily breastfeeding support available for you and your babies.If you or your baby are unwell please contact maternity triage on 01752 430200You can also contact a Health Visitor on 01752 434008 | \\cifs01\home$\scottg\Pictures\PLO_logo_purpleband.jpgBreastfeeding Peer Support  Facebook – log in or sign upFollow and PMMessage the Facebook page Monday and Wednesday for the zoom link for that day. Message anytime for support | https://feedsleepbond.com/wp-content/uploads/2016/11/feed-logo-Square.jpgFeed Sleep BondIBCLC (Lactation Consultant)Facebook – log in or sign upFollow and PMEmail: lyndsey@feedsleepbond.com Call: 07764514899  | https://www.laleche.org.uk/wp/wp-content/themes/LLL/images/logo.pngEmail lllgb.plymouth@gmail.com to register and receive an invite to meetings Email llsaltash@yahoo.co.uk for 1:1 help with urgent breastfeeding concerns from an internationally accredited LLL breastfeeding counsellor at any time. | \\cifs01\home$\scottg\Pictures\58682378_2400253523595235_8897638208137854976_n.pngBreastfeeding Peer Support Facebook – log in or sign upFollow and PM |
| Group  | 1:1  | Group  | 1:1  | Group | 1:1  | 1:1  |
| Mondays | 12 - 1pmzoom | On request | Live video & Q&A on fb 2pm | On request |  | On request  | On request |
| Tuesdays |  | On request  |  | On request |  | On request | On request |
| Wednesdays  | 1pm – 2pm Zoom | On request | Live video on fb 2pm | On request  |  | On request  | On request |
| Thursdays  |  | On request |  | On request |  | On request | On request |
| Fridays  |  | On request | Live video on fb 2pm | On request | 11am - 12:30pmZoom | On request  | On request |
| Saturdays  |  | On request  |  | On request |  | On request  | On request  |
| Sundays  |  | On request  |  | On request |  | On request | On request  |