

Breastfeeding Group



Treasure
Chest



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YORK
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2016

YORK ST JOHN
COMMUNITIES
CENTRE

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What are the groups for?

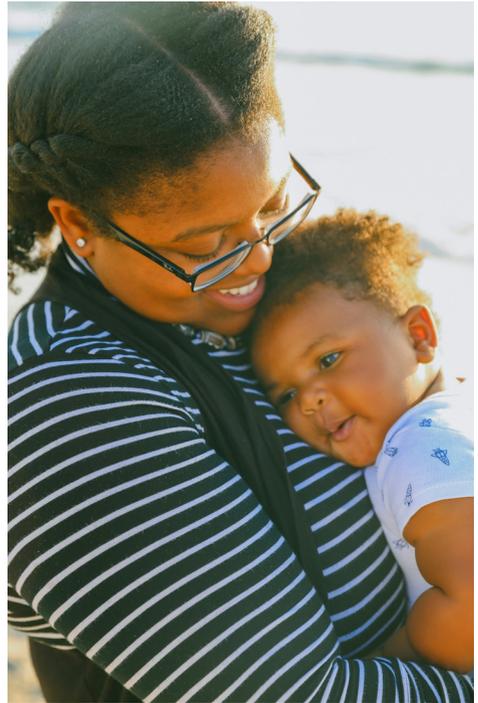
York St John Communities Centre has teamed up with Treasure Chest to bring crucial breastfeeding resources to families free of charge. As we know, breastfeeding is an important part of an infant's early health, however, England has some of the lowest breastfeeding rates in the world. Research shows that parents receiving postnatal support are more likely to breastfeed and breastfeed for a longer period of time.

Who can join a support group?

The group is a part of our Parent and Family Centre, and it aims to give new families a chance to talk with peer supporters as well as other families who are breastfeeding or combination feeding. If you are a breastfeeding parent, you are welcome! The group is open to anyone in the community including parents affiliated with York St John.

How do I join a group?

Groups will be held on a Tuesday from 10.00am - 11.30am in York St John University's Chapel on campus. There is no need to book a place, and you can just drop in any time during sessions. There will be a place inside the chapel to park pushchairs, and older siblings, partners, family and friends are also welcome.



What do the sessions involve?

There is no need to be struggling with breastfeeding, you can come for conversation and tea if you want to talk to other families that are currently breastfeeding in an environment which is breastfeeding friendly.

The group will give you an opportunity to chat to peer group members and other families in a welcoming environment about all things breastfeeding.



Breastfeeding facts

1. Human milk doesn't only feed your baby, but improves their health. Specific bacteria already in the baby's gut later helps your baby's immune system. The milk educates the baby's immune system as to what bacteria are good and what bacteria are harmful.
2. Human milk helps infants brains develop from 2-months, and later their cognitive development at 7-years. There has even been a study which looked at 30-year-olds where predominant breastfeeding was positively associated with IQ, educational attainment, and income.
3. Breastfeeding is protective against postnatal depression for parents and helps to regulate postpartum mood. It also helps the uterus shrink back to its pre pregnancy state.
4. Breastfeeding rates in the UK are the lowest in the developed world. In the UK, 8 out of 10 parents stop breastfeeding before they desire. An increase breastfeeding rates would save the UK £31 million per year.
5. Breastfeeding groups have been found to help parents breastfeed for longer, for example, significantly more mothers in a peer support breastfeeding group continued to feed their children at 3 months postpartum than those in a control group.
6. Breastfeeding groups are not just positive for helping parents breastfeed! They have also shown helpful in improving parents confidence in parenting itself, in giving parents a place for social contact, company and to make new friendships with likeminded people.

Further research:

Alexander, J., Anderson, T., Grant, M., Sanghera, J., & Jackson, D. (2003). An evaluation of support group for breast-feeding women in Salisbury, UK. *Midwifery*, 19, 215-220.

Belfort, M.B., Anderson, P.J., Nowak, V.A., Lee, K.J., Molesworth, C., Thompson, D.K., Doyle, L.W., & Inder, T.E. (2016). Breastmilk feeding, brain development, and neurocognitive outcomes: A 7-year longitudinal study in infants born at less than 30 weeks' gestation. *The Journal of Pediatrics*, 177, 133-139.

Breastmilk Scientific (2020). Online lecture series.

Additional breastfeeding support

Services at the Centre

The Centre provides community facing projects such as the Community Language School, and mental health and wellbeing services such as counselling, coaching for wellbeing, bereavement services, free drop ins and groups. You can find out more by visiting our website:

www.yorks.ac.uk/ysjcc

Treasure Chest

Breastfeeding Support

Treasurechest.org.uk | Facebook: Treasure Chest & Beyond (York)

The Breastfeeding Network

An independent source of support for breastfeeding parents
Breastfeedingnetwork.org.uk

National Breastfeeding Helpline

Telephone service from 9:30am-9:30pm available at the rate of a typical UK call Telephone | 0300 100 0212

La Leche League

Aids and encourages breastfeeding families using peer support.
Laleche.org.uk

Association of

Breastfeeding Mothers

A source of information for breastfeeding families, news and groups in your area
Abm.me.uk

Kelly Mom

A source of evidence based information for breastfeeding families.
Kellymom.com

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Supporting the Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and café's, student suicide support group, and drop-ins. As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.



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