
Information Leaflet - Infant Feeding Service

“A newborn baby only has three demands. They are warmth in the arms of their mother, food from her breasts and security in the knowledge of her presence. Breastfeeding satisfies all three.” Grantly Dick-Read (1890-1959)

The role of lactation clinic and the infant feeding team

Lactation clinic

For some babies and feeding parents breastfeeding can be a challenge. Lactation clinic was designed to be a “one stop shop” where time is taken to explore all the issues that can impact on breastfeeding and then develop a family centred feeding plan.

Lactation clinic is jointly staffed by the infant feeding lead who is a lactation consultant – IBCLC, HV and RGN and a member of the paediatric dietetics team.

Lactation clinic runs on a weekly basis and offers four clinical appointments.

Follow up plans will be put in place and reviews carried out by the dietitians, infant feeding lead or 0-19+ team.

Why have I been referred?

You may have been struggling with breastfeeding and asked for support.

Your health visitor/0-19+ staff/Koala North West/GP has suggested that you may benefit from an appointment.

You maybe experiencing feeding problems that other professionals have not resolved – soreness, difficulties with latching, baby not gaining weight, distressed baby, repeated mastitis or thrush etc. You or baby may have a medical history antenatally that indicates potential need for additional support with feeding postnatally.



Your baby may have been small or early.

You may want to introduce, reintroduce or increase breastfeeding.

Provide a welcoming atmosphere for breastfeeding

We have a large room with a comfortable feeding chair and room for a pram. We have space for someone to come with you and other children are always welcome.

What will happen at the appointment?

Feeding Parent

- We will take a full antenatal and delivery history.
- We will need to know if you are on any medications.
- We will observe a breastfeed. This is a clinical space and we do have students, if you prefer privacy, you can inform the team at booking or on the day.
- We will work with you to develop a feeding plan that meets your and your baby's needs.

Baby

- We will do a full physical and oral review.
- We review weight (naked), length and head circumference for most babies
- We need to know any medical history or medication.
- We will observe baby feeding, you will need to bring with you anything you need to feed your baby.

Frequently asked questions (FAQs)

What if I can't make the appointment offered?

You have been referred due to significant feeding difficulties, and this is a highly specialist clinic that runs once a week. We understand that schedules can sometimes be challenging; however, these appointments are important, and we strongly encourage you to attend wherever possible. If you or your baby is unwell, please let us know so we can advise you on next steps - 0151 514 0219.



Why have I been referred to the lactation clinic?

Please call and we can review the referral letter 0151 514 0219 or speak to the professional who has referred you.

I'm not comfortable feeding in front of other people.

This is a clinical environment, and we will need to see your baby feed to fully assess your difficulties. We are here to support you. Please let us know what we can do to help you.

I don't think I need the appointment.

As a parent/carer it can be hard to know when feeding is going well and when it isn't.

This specialist clinic is designed to ensure that you and your baby are thriving. If you have concerns, please call 0151 514 0219 or speak to the professional who referred you.

Contacting the team

Infant Feeding Team
St Catherines Health Centre
Derby Road
Birkenhead
CH42 0LQ

Telephone: 0151 514 0219

Email: wchc.infant.wirralct@nhs.net

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