

Overton Park Surgery Patient Participation Group (PPG)

## Breastfeeding Session

Saturday 14<sup>th</sup> October 2012

The breastfeeding session was the first event organised by the PPG. Pregnant mums were invited to attend with their partners. The aim was to provide information about how to breastfeed successfully, common problems and issues and how to solve them and how to access support.

The event was a success and we received very positive feedback from those attending both informally and on feedback questionnaires.

The session was introduced by PPG members Hannah and Daisy who have both had experience of breastfeeding their babies.

The first half of the session was led by the practice midwife Lisa supported by the county's Infant Feeding Specialist Midwife Sue Maxwell. They talked about how to feed a new baby, how partners can support new mums, and gave some practical advice and tips on tackling any issues if they arise. They were able to answer questions and discuss any concerns as they arose.

The second half of the session was led by Jo Abbott and Bron from Gloucestershire Breastfeeding Support Network (GBSN). They talked about how and where new mums can get support with feeding and other issues. There are local breastfeeding support groups that run weekly in the area and details of these were given out (see website for information [www.breastfeedingsupporters.org.uk](http://www.breastfeedingsupporters.org.uk)).

The session ended with informal discussions and questions and feedback.

The feedback showed that people felt that they had gained an understanding of how to make breastfeeding work for them and of the common issues and how to tackle them. Those completing questionnaires said they had gained enough information about where to access support and all said they had found the session useful.

These are some of the comments received:

*As a dad-to-be this has been excellent. I wish I had attended something like this with our previous baby.*

*It was great to hear real information & experiences from real mums.*

*Lots of invaluable information to take in and very useful tips too from mums. Also info to take away and look at in your own time.*

Following the success of this session the PPG plan to hold another similar group in February 2013.