

Are you pregnant or breastfeeding?
Virtual Breastfeeding Lounge

- **Support to establish and/or continue breastfeeding**
- **Information on responsive feeding**
- **Introduction to solids (for babies approaching 6 months)**
- **Meet other parents**
- **Practical tips e.g. breastfeeding when out and about, returning to work, at night etc**
- **A chance to ask any questions you may have or explore any concerns you have about feeding your baby**

Get virtual advice & support about breastfeeding, meet other parents & relax with a drink (that you'll have to make yourself of course).

MONDAY 1.30pm

Please Contact

Vic: 07974 255957

Sophia: 07870 981257

Shaista: 07974 255655

TUESDAY 11am

Please Contact

Tracy Wall: 07974 255820

Blossom: 07974 255449

Sylvia: 07974 255455

TUESDAY 1.30pm

Please Contact

Julie: 07749 436442

Becki: 07874 800383

Diane: 07761 503191

Surjit Kaur: 07738 119692

WEDNESDAY 11am

Please Contact

Rachel/Sarah: 0121 752 1860

Tracy Wall: 07974 255820

THURSDAY 11am

Please Contact

Anjali: 07519 294569

Becki: 07874 800383

Veron: 07591 588050

FRIDAY 11am

Please Contact

Rukhsana: 07958 206120

Hasmita: 07701 303921

Available in 5 languages:
**English, Urdu, Punjabi, Hindi
and Gujarati**

<https://bhamforwardsteps.co.uk>