

Are you **unsure** about or are you **having trouble** breastfeeding?

Do you want to breastfeed but **don't know where to start?**

Did you struggle to breastfeed your baby last time, making you **apprehensive about trying again?**

Are you **supporting someone** who is breastfeeding?

Do you want to **meet other breastfeeding mums?**

Would you like some breastfeeding **information and support?**

Get in touch today!

If you would like to find out more you can email our Breastfeeding Peer Supporter's Sarah and Sadie

sarah@homestartorkney.org.uk
sadie@homestartorkney.org.uk



**H&ME
START**

Orkney

**BREAST
BUDDIES**



What is Breast Buddies?

Breast Buddies is a Home-Start Orkney Project. We are a group of breastfeeding mums, led by our trained Breastfeeding Peer Supporter's - Sarah and Sadie.

Sarah and Sadie are qualified Breastfeeding Peer Supporters, trained by NHS Orkney and NCT (National Childbirth Trust).



What do we do?

We support you from 28 weeks pregnant and throughout your breastfeeding journey.

We share baby feeding information

We share experiences and provide support

We provide 1:1 support

We provide group support

We connect with NHS Orkney's Breastfeeding Peer Support Group

Sarah and Sadie can support you Face-to-Face at home, during Home-Start Orkney's weekly Group Support or via telephone, videocall and text / WhatsApp



**About Sarah
De Rees**

I have breastfed multiple children from birth and had experience of breastfeeding after a C-section, while pregnant, tandem feeding and natural term breastfeeding.



**About Sadie
Stevenson**

I have breastfed four babies until they were 1 year old then weaned and experienced troubles with latching and a baby with tongue-tie.