



HSE National Breastfeeding Week Campaign : October 1st-7th 2022 *“Expert Help Every Step Of The Way”*



National Breastfeeding Week takes place from October 1st -7th 2022. The theme of the HSE [Mychild.ie](https://www.mychild.ie) campaign this year is *“Expert Help Every Step Of The Way”*

Through its “Health & Diversity” Sub-Group, Wexford Children & Young People’s Services Committee (CYPSC) is running a campaign to support National Breastfeeding Week. This includes highlighting national and local supports for those who are currently breastfeeding or who are considering doing it in the future.

What’s Happening Nationally.....

Lactation Consultant : Did you know that if you have any questions or concerns, you can talk to an expert Lactation Consultant? For more information see [here](#). Your question will be reviewed and responded to within 24 hours. You can also LiveChat directly with a Lactation Consultant seven days a week.

Lactation Consultants have experience supporting parents and have the answers to all sorts of breastfeeding questions. You can also search the mychild.ie website for the topic, where you will find articles that match lots of common questions that parents have. See [here](#) for more information.

What's Happening in County Wexford....

- A **HSE Lactation Consultant** is hosting a coffee morning on Thursday 6th October 10 – 12:30 in Kilcannon Garden Centre, Old Dublin Road, Enniscorthy, Co. Wexford.
- **Cuidiú** is hosting a coffee morning **Tuesday 4th October** 10.30-12pm in Barntown Community Centre, Ballygoman, Co. Wexford.
- **La Leche League of Arklow/ Enniscorthy** will host a coffee morning on Friday 7th October from 10am - 12 in the Ashdown Pk. Hotel, Gorey. Anyone who is pregnant, or breastfeeding will get breastfeeding support and information while having a chance to meet others who are breastfeeding or planning to. Babies & toddlers are welcome.
- **Rhyme Time for Babies and Toddlers at Wexford Public Library Branches.**
A Lactation Consultant or a Public Health Nurse will be on hand to have a chat about Breastfeeding and answer any questions you may have, at the following library branch locations and times;

- **Enniscorthy** : Tuesday 4th October 10.30-11.30am

- **Wexford** : Wednesday 5th October 10.30-11.30am. Note, Cuidiú counsellors will also attend this event to project information and support.

- **Bunclody** : Wednesday 5th October 10.30-11.30am

- **Gorey** : Thursday 6th October 10.30-11.30am

- **New Ross** : Thursday 6th October 11am -12pm

Stephanie Murray, Midwife Specialist in Lactation is planning lots of activities in Wexford General Hospital for staff including Launch of Snakes & Ladders resource, Case study sessions with doctors, Coffee morning for mothers group, Presentation of Breastfeeding pins maternity ward staff, a staff and kid cake bake, raffle for staff and new parents in the Maternity Ward and ongoing breastfeeding feeding clinic in Ely Hospital. This is a regular session that runs from 10am-4pm weekly. Slots must be booked in advance. Contact Stephanie Murray , CMSp Lactation 053 9114623.

Videos and Webinars;

La Leche League of Ireland are hosting a webinar to celebrate National Breastfeeding Week, with Dr Anne Eglash *“Breastfeeding: Why are we making it so complicated?”* This free webinar is suitable for parents and health professionals. It will discuss early management strategies that enable continued breastfeeding after leaving the hospital, helping overcome breastfeeding challenges for mother and baby in a way that is supportive of the continuing breastfeeding relationship : <https://tinyurl.com/4r7jffv4>.

- **Parenting Today** : As part of the “Parenting Today” series of online talks hosted by Wexford Public Library Services and Wexford CYPSC, see [here](#) for a link to a video that promotes and supports breastfeeding with inputs from a Lactation Consultant, Public Health Nurse and a member of Cuidiú.

Breastfeeding Voluntary Groups;

Find your local in-person Breastfeeding Support Group at mychild.ie here mychild.ie

Sources of Information and Support;



Mychild.ie : Mychild.ie is a guide to pregnancy, baby and toddler health. It contains a wealth of knowledge for new parents from trusted experts. There is lots of information and support available for those who are breastfeeding or are thinking about it. Click [here](#) to access the site.



Cuidiú aims to provide support and education for parents and parenthood. You can access Counsellors and Support Groups. For information on the Wexford branch of Cuidiú see [here](#).



La Leche League is a voluntary organisation which provides information and support to women who want to breastfeed their babies.

See [here](#) for more details.