

Friends of Breastfeeding: Support Services **(<https://www.activelink.ie/node/115171>)**

Are you pregnant or a new breastfeeding mum? Do you have questions or concerns about breastfeeding, or just want to chat to another mother who has been there?

Our Breastfeeding Buddies provide 1:1 peer support and encouragement through the early days of breastfeeding. Buddies are trained peer supporters who can provide literature and information on breastfeeding and advise on other sources of support available if needed, accompany a mother to a local group, or to go out for coffee to nurse in public. Connect with a volunteer FoBF Buddy in your area by going to www.friendsofbreastfeeding.ie (<http://www.friendsofbreastfeeding.ie>) and clicking on 'Get Support'.

Our Mum2Mum Groups are open to mums-to-be, mums, children, and families. Breastfeeding, chestfeeding, pumping, combination feeding, or just hoping to breastfeed - all journeys are welcome. Come along for a coffee and a chat and meet new friends! All details of group meet ups are available on our social media channels on FB and IG.

Friends of Breastfeeding (FoBF) is a registered charity in Ireland (RCN 20074197) that exists to support women and families to have the breastfeeding journey they desire by providing peer support and by organising events and using social media to raise awareness about breastfeeding and to provide information and advice. Our mission statement is: "Friends of Breastfeeding is a community that provides excellence in breastfeeding support, and which advocates for a society that values and supports breastfeeding."

Region

Nationwide / Online

Friends of Breastfeeding website (<https://www.friendsofbreastfeeding.ie/>)

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