

# KERRY PRIMARY CARE PROMOTING BREAST FEEDING

"A team effort for success"



## Guide



## Connect



## Support



## Education

**BREASTFEEDING EDUCATION AVAILABLE**

E Learning modules x 4

1. Introduction to Breastfeeding
2. Supporting early Breastfeeding
3. Ongoing breastfeeding support
4. Formula feeding

On completion sign up for 'the' clinical skills workshop with CNME Kerry through HSEland in conjunction with community and hospital infant feeding specialists Kerry.



MAKING EVERY CONTACT COUNT

CARE, COMMITMENT, COMPASSION

### Testimonials from Mothers who availed of programme

"Just seeing my Home visitor provided reassurance and if you have issues you can talk about them"

"It made me come back to myself"

"It definitely brings parents stress levels down and you are not so stressed out then around the kids"

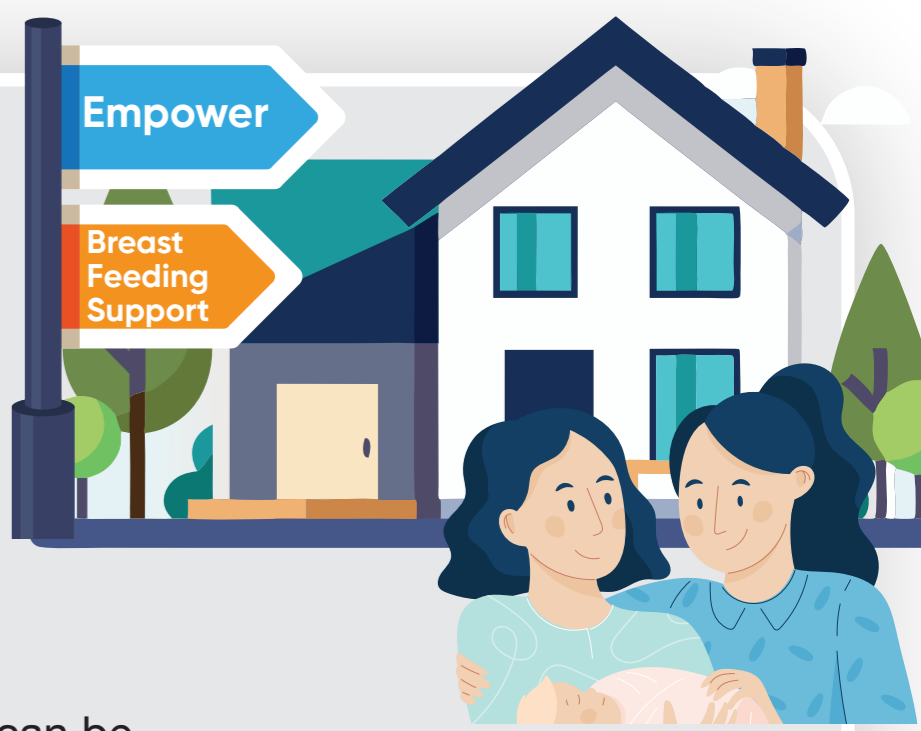
## COMMUNITY FAMILIES PROGRAMME HSE KERRY.

The Community Families Programme is a FREE support programme provided by the HSE Public Health Nursing Department in Kerry.

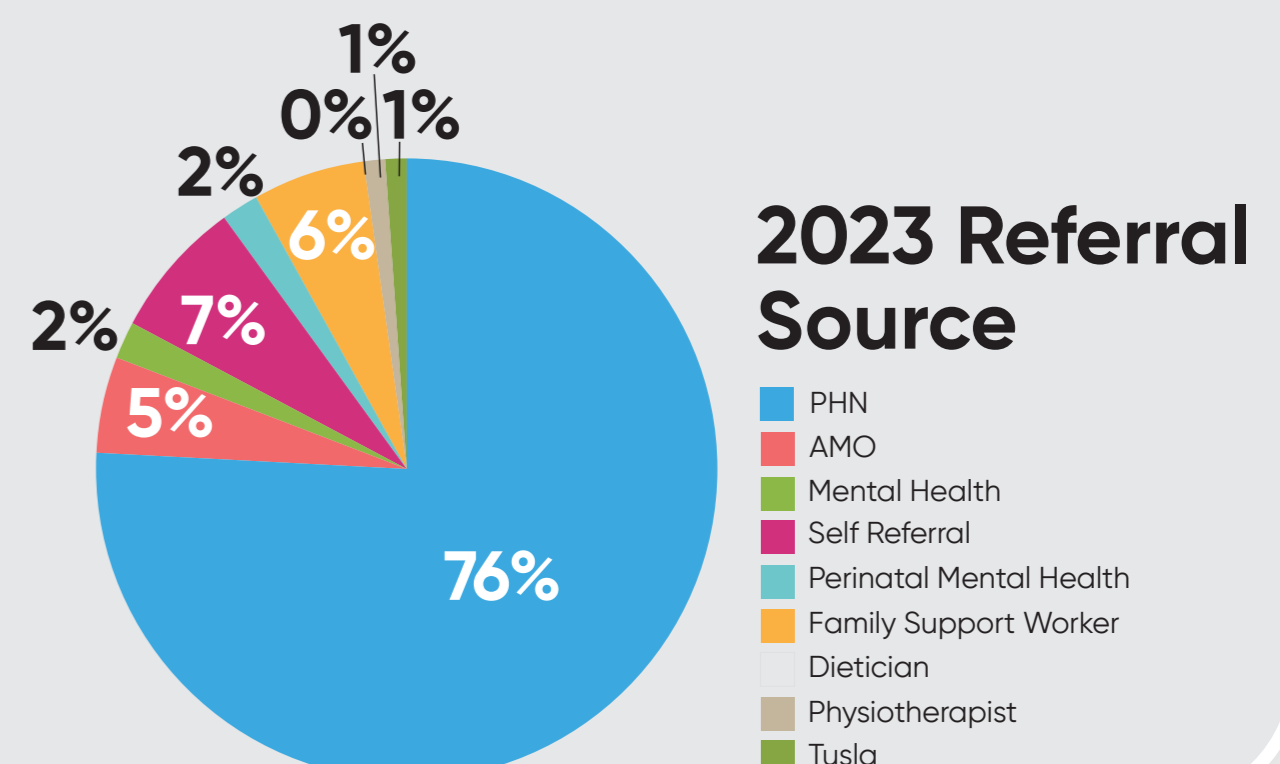
Families are supported as required and referrals can be accepted both during pregnancy and up to 3 years post-partum/after pregnancy. The pie chart below illustrates the service's source of referrals.

Home Visitors are valued employees of the HSE in the community supporting breast feeding mothers. See the photograph with mothers and babies enjoying a baby massage lesson from their Home Visitors.

Home Visitors provide assistance and reassurance to mothers while also sign posting to other important resources and services including local breastfeeding support groups. See the photograph of the Home Visitors enjoying and participating in a breastfeeding education session.



IT TAKES A VILLAGE TO RAISE A CHILD.



### Testimonials from home visitors who availed of the breastfeeding education.

"The clinical skills training was very beneficial to include practical skills with breast feeding positioning and latching"

"I feel more confident and competent in supporting a breastfeeding mother"

"Hands on with dolls was helpful in the skills session and assisted awareness of different feeding positions"

"My view on the education was that it was both practical and informative. It was a great way to jog my memory with confidence and enthusiasm"

