



## INTERESTED IN BECOMING A VOLUNTEER?

- You don't need any special qualifications
- Do you have 6 hours a week to spare?
- Have you breastfed for 3 months or more?
- Are you able to attend a 10 week training course that runs one day a week 9.30 till 2.30 term time only?
- Can you complete a DBS and provide references?
- Would you like to make a difference to families wanting support with feeding their babies?

Then please get in touch to learn more about our service, when the next volunteer induction programme is taking place and request a pack.



**KOALA**  
North West  
Supporting children  
& their families

### KOALA BREASTFEEDING SUPPORT

📞 0151 608 8288

📱 07780 220481

🌐 [koalanw.co.uk](http://koalanw.co.uk)

✉ [admin@koalanw.co.uk](mailto:admin@koalanw.co.uk)

📘 KoalaNorthWest

Koala North West  
Woodchurch Lane  
Birkenhead  
Wirral CH42 9PH

Registered Charity Number: 1139517 Company Number: 7314767

**FOR MORE SUPPORT YOU CAN ALSO PHONE  
THE NATIONAL BREASTFEEDING HELPLINE**

**0300 100 0212**

LINES ARE OPEN 9.30AM– 9.30PM

unicef   
UNITED KINGDOM



The  
Baby Friendly  
Initiative  
For all babies



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## BREASTFEEDING PEER SUPPORT

**SUPPORT, PRACTICAL  
TIPS AND EVIDENCE  
BASED INFORMATION**





Koala Breastfeeding Peer Support helps local families by matching them up with our trained volunteers. With 10 years experience of supporting breastfeeding mothers and babies, our organisation prides itself in tailoring support to each family's needs.

Every feeding journey is different and our Koala Breastfeeding Peer Support is able to provide inclusive, non judgemental support to help you meet your individual goals.

## OUR VOLUNTEERS

Koala Breastfeeding Peer Support Volunteers are mothers who have breastfed their own children for 3 months or more, are trained through UNICEF baby friendly initiative and supervised and co-ordinated by our Koala staff team.

They offer tailored non-judgemental support for as long as your family need it.

**1 IN 3 WOMEN DON'T  
BREASTFEED PAST THE FIRST  
6 WEEKS; ALMOST ALL OF THEM  
WISH THEY COULD HAVE**



## SUPPORT DURING PREGNANCY

Do you want more information about the benefits of breastfeeding and getting things off to a good start before the baby arrives? Pop along to one of our breastfeeding groups, get information, meet other mums and babies who are feeding and connect with local support before your bundle arrives.

Details of our groups can be found on our website [www.koalanw.co.uk](http://www.koalanw.co.uk)



## SUPPORT ON THE TELEPHONE

You can also access support over the phone through calls to you from our team to check in during the first few important weeks whilst you're getting started. You can also call us throughout your journey to discuss changes to feeding, for reassurance, or if you would like to arrange face to face support.

## HOME VISITS

Our volunteers and staff can also visit you at home to offer support. Some families struggle to get out and about when their journey starts; don't worry, we can come to you. Using a hands off approach, we can help to enable you to increase your confidence in feeding and answer any questions you may have. We can support you whilst you are getting feeding off to a good start, introducing solids, returning to work and provide information around expressing and storing.



## FIND YOUR LOCAL COMMUNITY

Lots of the families we support access our groups. These groups are for all types of breast milk feeding, at the breast, expressing or mixed feeding –everyone's welcome. It's a great way to meet up with other mums and babies, access support and build your confidence feeding when out and about. You don't need to be confident feeding to attend but you also don't need to have a problem.

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**"ON A GOOD WEEK THE  
GROUP NEEDS YOU! ON  
A BAD WEEK YOU NEED  
THE GROUP."**

