



**Breastfeeding support whilst in isolation** or  
**during social distancing**

**F.A.B breastfeeding helpline 01924 851901**

Speak to one of our trained peer supporter 24 hours a day

**F.A.B Private Facebook Group**

Go to Facebook and search FAB breastfeeding support  
answer 3 questions to join

Virtual breastfeeding social support group where you can keep connected and chat with other mums and trained peer supporters

**F.A.B Digital Support**

Interact with trained peer supporters via  
WhatsApp/Skype/Messenger/Zoom/email/SMS

Contact us on 01924 851901

Or email [wakefieldamin@familiesandbabies.org.uk](mailto:wakefieldamin@familiesandbabies.org.uk)

**F.A.B Antenatal Offer**

If you are pregnant you can request a one to one video call to find out about breastfeeding and answer any questions you have

[www.familiesandbabies.org.uk](http://www.familiesandbabies.org.uk)