

## Tongue Tie

Please speak to your midwife or health visitor

Further information available at:  
[www.tongue-tie.org.uk](http://www.tongue-tie.org.uk)

# Feeding your baby getting help in Luton



Coproduced with:

## We are here for you

## Luton & Dunstable Maternity Unit

0-4

Delivery Suite

01582 502285

24hrs 7days

Ward 33

01582 497558

24hrs 7days

## Health Visiting Services

1-∞

Luton

0333 4050087

09.00-17.00 Mon-Fri

Dunstable &

South Bedfordshire

0300 5550606

09.00-17.00 Mon-Fri

## Flying Start Children's Centres

Email:

flyingstartparenting@luton.gov.uk

## National Breastfeeding Helpline

(Support in English, Welsh & Polish)

0300 1000212

09.30-21.30 7 days

## Breastfeeding Network

Bengali & Sylheti

0300 4562421

09.30-21.30 7 days

## Breastfeeding Hub



Facebook Live

10.00am Mon-Fri

www.facebook.com/breastfeedinghubmk

## NCT

0300 330 0700

08.00-00.00 7 days



details at: facebook.com/dunstablentct  
Mon 13.30-14.30  
Fri 11.00-12.00

## La Leche League

0345 120 2918

08.00-23.00 7 days

www.laleche.org.uk/find-lll-supportgroup

## Milk Mentors



details at: facebook.com/milkmentors  
Tue 15.00-16.00  
20.00-21.00

Thur 13.00-14.00  
15.00-16.00

Sat 11.00-12.00

www.milkmentors.org/find-a-peer-support

## Key:

0 Weeks old (baby) (tygodnie życia (dziecka)) (vârsta în săptămâni

(copil) ) (كچھ ہفتوں کا بچہ) (সপ্তাহবয়সী)



Telephone (telefon) (ٹیلیفون) (টেলিফোন)



Video call (wideo rozmowa) (apel video) (ویڈیو کال) (ভিডিওকল)



Ongoing (bieżące) (In orice moment)(مسلسل جاری)

(চলমানভিত্তিতে)