

Breastfeeding

How the CJG can support you

What does the CJG do for breastfeeding mothers?

You can contact us for help, support and an explanation about breastfeeding and topics such as expressing, breastfeeding in combination with work and using a teat.

You can ask us your questions about breastfeeding:

- **Via the advice line (010 - 24 23 200)**
The youth nurse can give you advice over the phone
- **At the walk-in consultation hour**
In addition to giving advice, the youth nurse can also look at your baby's growth
- **At an appointment at the child healthcare centre**
Advice can be given during your appointment at the child healthcare centre
- **At an extra appointment**
You can make an extra appointment by sending an email to afsprakenlijnjgz@cjgcapelle.nl. During an extra appointment, we have more time to answer all your questions. An extra appointment can be made at the child healthcare centre or your home.



You can breastfeed your child at our child healthcare centres. Let us know if you need privacy.

WE ARE HERE TO HELP

Contact us with your questions

These questions may concern:

- A restless and/or crying baby
- Pain during breastfeeding
- An inconsistent breastfeeding schedule
- Expressing breast milk
- Teaching your baby to drink from a bottle
- Breastfeeding when you go to work or in combination with studies



Leaflets

Our website, www.cjgcapelle.nl, has leaflets that refer to breastfeeding associations such as La Leche League (www.lalecheleague.nl). These associations have a national telephone helpline that is also available on Sundays and in the evening. You can order or download brochures there on various subjects. Breastfeeding associations can put you in touch with other breastfeeding mothers.

The CJG website also has other leaflets about breastfeeding, such as by the Nutrition Centre, and tips for breastfeeding apps.

Lactation consultant

At the CJG in Capelle aan den IJssel, we work with a lactation consultant - a breastfeeding specialist. If you are experiencing any breastfeeding problems that require extra support, the paediatric nurse or paediatrician can ask the lactation consultant for help.

WE WISH YOU A WONDERFUL BREAST-
FEEDING PERIOD WITH YOUR BABY!

