

Best Start Infant Feeding Peer Supporters

Waltham Forest

The role of an Infant Feeding Peer Supporter

An infant feeding peer supporter is a supportive, knowledgeable and an experienced friend. A good listener who reflects on their own experiences.

Someone who knows about straightforward baby feeding and where to signpost for further support.

Peer supporters help parents to provide the best start in life for their children.

They might be a family member, friend, workmate, neighbour or fellow mother.

Peer supporters attend infant feeding groups alongside a breastfeeding counsellor or infant feeding practitioner.

Training covers: listening, breastfeeding knowledge, basics of formula and bottles, responsive feeding, your story, how mothers make decisions about feeding their babies, and the role of the peer supporter and how they differs from friend or health professional, practicalities and boundaries.

Commitment

- We are looking for people who have experience of breastfeeding.
- An interest in healthy lifestyle issues and a passion for babies and children getting the best start is life is essential.
- You will need to be a good listener and able to empathise with all parents regardless of race, gender, age, religion or belief, nationality, marital status, sexual orientation or disability.
- Remain open-minded, non-judgemental and reflective.
Keep necessary records to support project evaluation.
- Ensure confidentiality and follow safeguarding procedures to keep everyone safe.

Best Start with HENRY

Our service is commissioned by the borough of Waltham Forest to provide support to families with babies and young children under 5 years. We train professionals and provide services for parents and children. The team works to support parents with infant feeding, speech, language and communication delays, healthy lifestyles and nutrition, and oral health. Waltham Forest comprises the areas of Chingford, Walthamstow, Leyton and Leytonstone. Our Best Start with HENRY team is based in Walthamstow Children & Family Centre, 313 Billet Road, E17 5PX.

Training and support

- We provide full training - initial training is 9 two-hour sessions.
- On-line workbook (30-60 mins per week)
- Assessment of listening skills and a quiz.
- On-going support, individual and group.



If you'd like to find out more please contact

wfsupport@henry.org.uk or call 020 8496 5223 or complete and [application form](#)

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