



Becoming a Breastfeeding Peer Support Volunteer in Hillingdon

We are looking for women who have breastfed and would like to expand their knowledge and support other families to breastfeed.

What is a Breastfeeding Support Volunteer?

The role of the Peer Supporter is to provide polite, friendly, evidence-based information, rather than advice, to new mothers / birthing persons and their families as they learn to feed their babies.

All peer supporters will have had the experience of breastfeeding their own children. As a peer supporter it is essential to be trustworthy, approachable and mindful of confidentiality.

Training to be a Breastfeeding Peer Support Volunteer

- You will receive a local qualification as a Hillingdon Breastfeeding Supporter, having completed a programme of training. The training is based upon the UNICEF Baby Friendly Breastfeeding and Relationship Building Standards.
- Training consists of six two-hour virtual classroom sessions and some self-directed study and twelve hours of supervised practical experience.
- The programme will include volunteer skills and boundaries in preparation for your new role. You will be trained to understand how breastfeeding works, and how to help it work well.
- Prior to supporting, you will be required to undertake some relevant training, security and health checks as required by Hillingdon Hospital volunteer services.

If you are friendly, reliable, supportive and want to contribute to your local community please contact us. We are also looking for volunteers that speak a second language to support members of our diverse community.

The next course is planned for Autumn 2024.

For further information please email volunteerhub@h4all.org.uk or telephone 01895-676-111.