

# News release

29 January 2009

## Le Leche Celebration

Mums from across the city have been celebrating after graduating from their breastfeeding support course, which was organised by Sunderland Children's Centres.

The Le Leche course is designed to help mums who have previously breastfed their little ones to support other mums to breastfeed as well. Groups are held across the city's Children's Centres, where mums can come along and be supported while learning to breastfeed.



To celebrate the new graduates' achievements, Sunderland Children's Centres held a special celebration event at the National Glass Centre in November. It was extremely well attended and a lot of the mum's gave very positive feedback about breastfeeding and the importance for both mum and baby. Comments included:

"Becoming a breastfeeding councillor is a hugely rewarding role. To pass on advice and encouragement to other mums is priceless; to know that their babies are being given the best start in life makes me happy." – Paula Worthy

"I had a tough time at the beginning with breastfeeding my daughter. After attending Bosom Buddies it was reassuring that I was doing everything right. I'm still breastfeeding after 27 weeks and will be sad when Olivia decides she doesn't want to continue." – Karen and Olivia

"Being a breastfeeding mum I felt wanted and that I was giving my baby the best ever start in life. Being a Bosom Buddy gives me great pleasure in supporting other mothers and their kids. I get a lot out of satisfaction doing what I do and I hope that I will carry on doing it for many years because I've made a lot of good friends." – Angela Lox

If you're thinking about breastfeeding, then please contact your local Sunderland Children's Centre or contact the Families Information Service on 0191 520 5505.