

## Who Can Help with Expressing and Breastfeeding in OLCHC?

In OLCHC, we aim to support and help you with providing Breast Milk for your Baby.

All our information and resources, can be found on <http://www.olchc.ie/Children-Family/Breastfeeding-/Breastfeeding-and-Expressing-Milk-Documents-.html>

If you have queries, questions or any difficulties with breastfeeding or expressing, then talk to your Nurse. They are happy to help.

Our Breastfeeding Champions are also here to offer additional support. Breastfeeding Champions have received additional training in providing breastfeeding support. Breastfeeding Champions are available on all baby wards.

Just ask!!

On occasion other feeding specialists may be involved e.g. speech and language therapists and dietitians. This will be on the request of the Medical team, if needed.

