



# Halton Infant Feeding Services

Updated: 5 August 2026

For more information call the team  
on: 0300 029 0029 or email  
[breastfeeding.team@halton.gov.uk](mailto:breastfeeding.team@halton.gov.uk)  
[familyhubs@halton.gov.uk](mailto:familyhubs@halton.gov.uk)

[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)

# Infant Feeding Support in Halton

START WELL

**We're here for you – during pregnancy and beyond!**

Free antenatal workshops

Free home and phone support after baby arrives

Free drop in groups and clinics

Free Introducing solids sessions from 4 months



You're not alone – we're with you every step of the way.  
Contact us: 0300 029 0029 |  
[breastfeeding.team@halton.gov.uk](mailto:breastfeeding.team@halton.gov.uk)

[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)

## ANTENATAL WORKSHOPS INFANT FEEDING

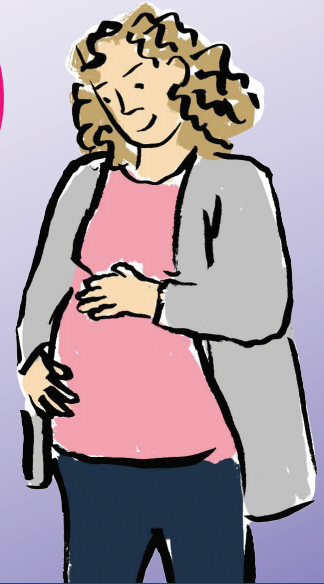
**Expecting a baby?**

**Want to feel confident to feed your baby?**

Join our **FREE**, friendly workshop to learn about all your feeding options and how to get off to a great start. Partners/caregivers welcome - refreshments provided!



Scan the QR code to book  
or call **0300 029 0029**  
**Booking is essential!**



[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)





## Free Breastfeeding Groups – Drop In!

**Meet other parents, grab a cuppa and chat with our qualified team.**

No need to book - just pop in!



All children welcome - snacks and drinks provided.

**Scan the QR to find your local group.**

Want to chat first? Call us on 0300 029 0029

[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)





## Specialist Infant Feeding Team (NHS)

If you have already seen one of our qualified Halton Infant Feeding Team Support workers and need more specialist help, you can contact our NHS Specialist Infant Feeding Team.

The Specialist Infant Feeding Team supports families with complex or ongoing feeding concerns, including breastfeeding or lactation difficulties, bottle or formula feeding issues, suspected cow's milk protein allergy (CMPA), reflux, or tongue-tie concerns.

If you feel you need further support, scan here for more information:



[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)

# Introducing Solid Foods Free Session

START WELL

## Starting solids?

**Want to know how to feel confident  
as you begin this journey?**

Your baby will typically be ready to start weaning around 6 months of age. Join us for this free session when your baby is around 4 months old to learn more!



**Booking is essential.**

**SCAN THE QR CODE BOOK YOUR PLACE**

**Call 0300 029 0029**



**Or scan the QR code  
with your phone:**

For more information call the team  
on: 0300 029 0029 or email  
[breastfeeding.team@halton.gov.uk](mailto:breastfeeding.team@halton.gov.uk)  
[familyhubs@halton.gov.uk](mailto:familyhubs@halton.gov.uk)

**[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)**



**Scan the QR to find where your  
breastfeeding friendly venues and  
businesses are in Halton.**



## Are you passionate about breastfeeding & would like to support other mothers?

We are seeking local volunteers to join our  
Infant Feeding service.

*scan me*



**Scan the QR for more info  
or call 0300 029 0029**



**Give your child a healthy  
start in life with HENRY!**

**Free workshops for parents  
and carers in Halton.**



**Scan the QR code for  
details of our HENRY  
sessions!**



Halton Infant Feeding Team:

03000290029

breastfeeding.team@halton.gov.uk

La Leche League:

0345 120 2918

National Breastfeeding helpline:

0300 100 0212

**FREE feeding  
support on your  
phone from  anya**



**24/7 parental  
support during  
the first 1001  
days from  
conception to  
toddlerhood**



**Halton Infant  
Feeding Team**  
Join our private  
Facebook group



[www.haltonfamilyhubs.co.uk](http://www.haltonfamilyhubs.co.uk)



UK Government