FamilyHub

Together for all in Halton



Halton Infant Feeding Services

Updated: 30 September 2026

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

www.haltonfamilyhubs.co.uk

OneHalton NHS Halton Borough Council Best Start in Life UK Government

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START WELL

Infant Feeding
Support in Halton

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

scan here
for more info





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

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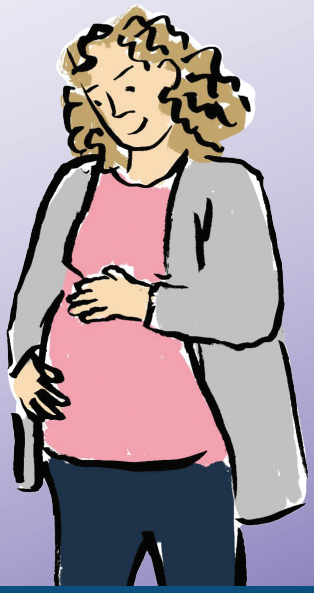
ANTENATAL WORKSHOPS
INFANT FEEDING

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 me to book





Scan the QR code to book

or call **0300 029 0029**

Booking is essential!

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Free Breastfeeding Groups – Drop In!

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

No need to book - just pop in!

scan me

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

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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:

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START WELL

Introducing Solid Foods
Free Session

henry
Healthy Start, Brighter Future

You and your baby are invited to join our free HENRY Starting Solids session.



Starting solids is an exciting milestone, and it's normal to have questions about when and how to begin.

This relaxed, practical session includes plenty of opportunities to ask questions and build your confidence.

We recommend attending when your baby is around 4-6 months old so you feel prepared for the move to solid foods.

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 familyhubs@halton.gov.uk

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BREASTFEEDING WELCOME HALTON

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 ME

Scan the QR for more info or call 0300 029 0029



henry
Healthy Start, Brighter Future

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!

SCAN ME

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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

SCAN ME

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

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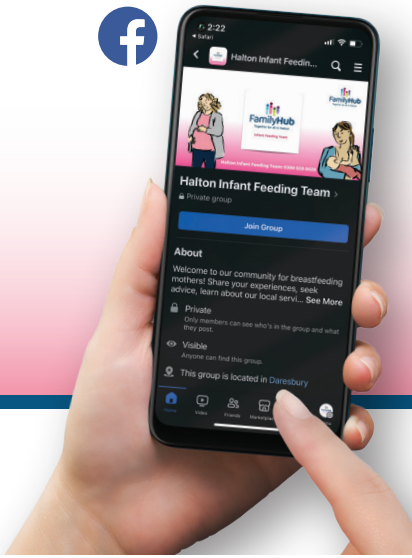
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Halton Infant Feeding Team

Join our private Facebook group

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