

Breastfeeding Support Group

Parent Information



Dear Parent/Carer

Welcome to the Colin Breastfeeding Support Group! We want to make you as comfortable and welcome as possible, and just want to go through with you a few practicalities about this group and the measures we have in place to make it Covid-19 safe.

- **Booking Only** – the group is now operating by booking only with no drop-ins on the day. This is to ensure that we can control the numbers and keep the total within guidance and in line with our Risk Assessment, and to have a chance to speak to parents in advance of attending and make sure they have completed the health questionnaire
- **Health Questionnaire** – as a safety measure, we will be asking you and all participants to complete a short health questionnaire to confirm that you and anyone in your household do not have any Covid-19 symptoms
- **Social Distancing** – we have set up the room in order to facilitate 2m + social distancing at all times. We would ask that you please adhere to this and also if you have any older children that they also stay within your area.
- **Wearing Face Coverings** – once in the room, provided that 2m social distancing is being observed, there is no need to wear a face covering unless you wish too – absolutely fine. We do however ask that whenever you are entering or leaving the building, or using the corridor on the way to toilet facilities, that you wear a face covering, just in case someone steps out of another toilet or office.
- **Baby Changing** – there are baby changing facilities available in the one of the toilets that parents can avail of whilst attending the group. There are sanitising and cleaning products provided in this room, and we would ask that parents using this facility please sanitise and clean down the area and anything they have touched when done. Our staff are happy to help you with this if needed – just let us know!
- **Staff** – our staff are here to help and make you feel comfortable, and also to support you with any questions that you have about breastfeeding. They will do this from the distance of 2m, however if for any reason they need to come within 2m to support you they will be wearing their face masks and this will be with your consent. It is also hoped that hearing the experiences of other breastfeeding mums will be helpful to you, be a comfort and you will also be able to share your experience that could help another new breastfeeding mum!
- **If you have any questions about the group or the measures in place, please do not hesitate to speak to our staff members.** We want to hear your views and feedback!