


**Tel: 07732 398 471**


Click on the link above to visit Bebegrow Ltd Web page and read more information on services relating to How to Breastfeed in St Albans

## ST ALBANS HOW TO BREASTFEED




**Infant Feeding**

For mum, breastfeeding has been proven to reduce the risk of getting breast and ovarian cancer and it naturally uses up 500 calories a day so it is often easier to lose that pregnancy weight.




**Emotional Health**

Many mums and dads may experience "baby blues", feeling tearful for no apparent reason, touchy or anxious.



**Home Visits**

Bébé Grow are able to offer home visits, at your convenience from as early as the day after the birth of your baby.



**Baby-led Weaning**

Introducing a good variety of health foods from the start will help lay the foundations for healthy growth and development.

I provide un-rushed, personal and professional care in the comfort of your own home. I can do antenatal health visits to help prepare you for your new parenting role by demonstrating a variety of techniques including how to bath your baby, how to breastfeed and sleeping positions. After your baby has arrived I can visit and work with you and your baby to establish techniques in how to breastfeed and other routines and answer all those new parent questions you may have.

So, if you feel that you would like that little bit of extra something... then [contact me](#) for bespoke health visiting to see how I can complement your parenting to meet your baby's needs. I provide telephone consultations or one-to-one

