

**Who can help with breastfeeding and expressing  
in CHI at Crumlin?**

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/ChildrenFamily/Breastfeeding-/Breastfeeding-and-Expressing-Milk-Documents-.html>

If you have queries, questions or any difficulties with breastfeeding or expressing, then talk to your nurse, doctor or health and social care professional. 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!

