

# My Breastfeeding Support Circle

Breastfeeding is a journey, and no one should have to do it alone. Use this space to identify the people and organisations who are part of your breastfeeding community and support you.

You are not alone. You are supported.



## Remember

Your support circle might be big or small. What matters is that it works for you.

Partner / Co-parent

Family

Friends

Healthcare Professionals

Peer Supporters

Breastfeeding Counsellors / IBCLCs

Workplace / Employer

Community Groups

Other Parents

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

## Important people and organisations – add contact details

Add contact details for the people or organisations you can reach out to for support.

 Name / Organisation: \_\_\_\_\_  
Role: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Notes: \_\_\_\_\_

 Name / Organisation: \_\_\_\_\_  
Role: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Notes: \_\_\_\_\_

 Name / Organisation: \_\_\_\_\_  
Role: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Notes: \_\_\_\_\_

## Need more support?

- ♥ Visit the Ardo Parent Hub for trusted guides and practical support.
- ♥ Connect with online breastfeeding communities for support, advice and encouragement.



Scan for trusted guides and expert advice on breastfeeding and pumping.

Visit the Ardo Parent Hub:  
[www.ardomedical.co.uk/parent-hub/](http://www.ardomedical.co.uk/parent-hub/)

