



# Are you a yummy mummy?

Sometimes it's not easy to do the natural thing so these organisations offer free help and advice from specially trained breastfeeding counsellors.  
Only 3% of mums cannot breastfeed for medical reasons.

**this poster is free to download from [www.lactivist.co.uk](http://www.lactivist.co.uk)**

**The Breastfeeding Network:**  
telephone 0870 900 8787  
**National Childbirth Trust:**  
24hr helpline 0870 444 8708  
**Association of Breastfeeding Mothers:**  
0870 401 7711  
**Le Leche League:**  
24hr helpline 0845 120 2918

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