

## Families And Babies (FAB)

Families and Babies (FAB) is a registered charity that provides true mother to mother peer support to all antenatal and breastfeeding mothers. Our vision is to protect, promote and support breastfeeding; through a peer support service run by mums for mums. We do this by •Recruiting local mums to become paid or volunteer peer supporters to support other mums with breastfeeding; •Providing accredited breastfeeding peer support training and support to make sure all our peers are confident within their roles; •Working closely with Health Professionals to ensure evidenced based information is given. Our Mission and Aims •We believe in the power of mums supporting other mums; •We want to enable mums to have evidenced based training and be supported by Health Professionals to provide the fantastic support to families and babies; •We wish to provide evidenced based information enabling families to make informed infant feeding choices; ensuring effective support is available.

### Contact

**Email** [info@familiesandbabies.org.uk](mailto:info@familiesandbabies.org.uk)  
**Website** <http://www.familiesandbabies.org.uk/>

### Venue

**Venue address** Families and Babies  
Bolton  
BL2 2HN

### Service Details

**Additional Information** FAB currently operates in Bolton, Central Lancashire, Dorset and Wakefield. Pop us an email or visit our website to find out how we can help you.