

My Background

My interest and passion in ensuring that women receive a satisfying breastfeeding experience commenced during my Midwifery training, has continued throughout Health Visiting and in my own experience of breastfeeding .

I have been able to consolidate my 20 year commitment to breastfeeding by passing the International Board of Certified Lactation Consultant (IBCLC) exam in 2005. This qualification needs to be recertified every 5 years to ensure that I am up to date with all current breastfeeding issues and evidence based practice.

I am a member of the International Lactation Consultants Association, Lactation Consultants of Great Britain, the Community Practitioners and Health Visitors Association, the Medical Defence Union and the British Psychological Society.

As an IBCLC , I look forward to working with you and your baby to support your breastfeeding experience.

For more information on affordable, private consultations and support, please contact me.

Telephone: 02392 294290

Mobile: 07851 069146

Email: bfeedingmatters@yahoo.co.uk

Web: www.breastfeedingmatters.co.uk



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www.raremomentsphotography.co.uk

Breastfeeding Matters

*Serving Portsmouth and the surrounding area.
Supporting your breastfeeding needs.*



Lynn Timms BSc (Hons)

International Board of
Certified Lactation Consultants

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Teacher of Developmental
Baby Massage and Movement

Home Visits

During Pregnancy.



Personalised consultations are offered at a time that suits you in the comfort of your own

home. You will have the opportunity, and I have the time, to discuss your breastfeeding concerns.

Preparation for the arrival of your baby will help you feel more confident and empowered with your breastfeeding.

With Your Baby.

As you and your baby get to know each other, and recover from the delivery, a



timely postnatal consultation will help maintain your confidence and satisfaction with your breastfeeding. My personalised visit to you will give us the opportunity to discuss and help manage your breastfeeding challenges.

Small Group Sessions.

In your home.



If you prefer to learn and share ideas with others, maybe a group setting is better for you. Whether an antenatal or postnatal

group is preferred, I can facilitate a breastfeeding session in your home amongst your friends. As well as benefiting from the social event, you will be developing mechanisms for ongoing breastfeeding and parenting support.

In local relaxed surroundings.

Baby Days offers a half day session in preparation for having your baby.

The sessions include an informative programme of topics such as relaxation, birthing, breastfeeding, first aid, sling use, baby massage and more.

**Professional Indemnity Insurance is provided by
the Medical Defence Union.**

Other Services.

Frenulotomy.

Tongue-tie (ankyloglossia) is a condition in which the thin piece of skin under the baby's tongue (the lingual frenulum) is abnormally short or tight which may restrict the movement of the tongue .



This can cause problems with your baby's feeding. I offer a prompt home visit to release the tongue tie (frenulotomy)

and to support your ongoing breastfeeding.

Massage Matters.

In September 2007, under the direction of Peter Walker, I qualified as a Teacher of Developmental Baby Massage and Movement.

These techniques offer benefits for relaxation, digestion, breathing and development, all of which complement my breastfeeding support.

Individual or group sessions available.