

## Angela Siderfin – Summary of work as an IBCLC

I work for the National Health Service in the UK as an Infant Feeding Coordinator with Salisbury Maternity and Neonatal services. I organise and manage training for all staff on supporting mothers and babies breastfeeding. Currently we are working towards Stage 2 of the Baby Friendly accreditation. My work is very varied as I plan training and teach; compile guidelines for clinical practice; monitor statistics; operate a tongue-tie division service and work clinically with mothers and babies in the hospital. I give support to health professionals working in the community and am accessible to mothers who have particular problems. With other colleagues I am developing Salisbury as a satellite human milk bank to the large donor bank in Southampton. I am convinced that mother to mother support is key to enabling mothers to persevere with breastfeeding and with a colleague am in the process of developing a network of trained peer supporters locally. The conviction that mothers themselves are the best promoters of breastfeeding was reinforced last year on a professional visit to Sweden where mother to mother support is well established and exclusive breastfeeding at 6 months is 30% more than it is in the UK. The visit to Sweden was followed up with other colleagues this year as they attended the International Kangaroo Mother Care conference in Uppsala. Encouraging early, frequent and prolonged skin to skin contact is a priority in our unit.

I first qualified as an IBCLC in 1998 because of my interest and passion to help mothers succeed in breastfeeding their infants. The passion has grown since then and I am privileged to be able to express it in my work.

