



Living Well North Tyneside

Supporting Health and Wellbeing

who may need support. Volunteer peer supporters for the Best Start Project will work closely with the community team and the infant feeding co-ordinator. They will volunteer in community venues supporting families with basic information sharing and support around:

- Infant feeding
- Safe sleep
- Coping with crying
- Normal Newborn behaviour
- Emotional health
- Transition to parenthood
- Signposting to further support
- The peer support will help to reduce parental isolation and give new parents an opportunity to meet other parents in their own community.

We are members of the **Mental Health Alliance**. You can read more about it [here](#).



[Young
parents](#) |

[parents support
group](#) |

[peer
support](#) |

[babies](#) |

[baby
feeding](#) |

[breastfeeding](#) | [baby group](#)

Best Start



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<https://voda.org.uk/best-start/>

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