



QUESTIONS ABOUT BREASTFEEDING?

Ask

AMMEHJELPEN

www.ammehjelpen.no

Check out our webshop!

We have a great selection of breastfeeding clothes, bras, books, pillows, and other breastfeeding aids and supplies.

Proceeds from the webshop help support the work of Ammehjelpen.

www.ammebutikken.no

FREE GUIDANCE ON BREASTFEEDING

Our mother-to-mother volunteer counselors ('ammehjelper') are a supplement to the health service offerings in the well-child health system and breastfeeding clinics. We collaborate with the Norwegian National Advisory Unit on Breastfeeding.

On our website you will find informative articles about breastfeeding, as well as videos showing good positioning and attachment, as well as techniques to use with various problems that may arise.

WHAT IS AN 'AMMEHJELPER'?

An 'ammehjelper' is a mother who has breastfed and who has demonstrated good knowledge about breastfeeding guidance through our organisation's certification procedure. These women provide free advice and support with breastfeeding to other mothers on a voluntary basis in their spare time.

Ammehjelpen has at present about 160 of these volunteer mother-to-mother counselors.

If you have questions about breastfeeding, or you want to join us, you can phone us or use the contact form on our website www.ammehjelpen.no.

AMMEHJELPEN ON FACEBOOK

"Ammehjelpsgruppen" is the only Norwegian breastfeeding support group on Facebook moderated and run by Ammehjelpen. It is a closed group for you who are pregnant or have already had a child and would like advice, guidance and support for breastfeeding.

We strive to make this group a safe place for mothers to share experiences and support each other. Many of our volunteers are active members and respond to queries there.

You can post a question directly to the group, or you can choose to post anonymously via the moderators if you prefer. The group welcomes diversity, we respect one another and there are many moving and amusing stories shared amongst the members. Come in and join the conversation!

Want to join our Facebook group?

Find "Ammehjelpsgruppen" on Facebook and send a membership request to an administrator :)

Ammehjelpen also has a public Facebook page
www.facebook.com/www.ammehjelpen.no