



## **Premature baby support leaflet**

## Member support information

There are many organisations that specialise in providing help and support to people affected by different kinds of trauma and life-changing events. Below are the details of some of the organisations or groups you may contact for support.

### Little Steps

This is a South African research-based programme for parents of pre-term babies. Little Steps encourages parents to take on their role from the day their baby is born. It aims to provide parents with the knowledge they need to cope with their situation and to care for their new baby.

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#### Contact details

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Website: [www.littlesteps.co.za](http://www.littlesteps.co.za)

### South African Multiple Birth Association

The South African Multiple Birth Association – SAMBA – is a forum for parents who are expecting to have, or already are enjoying multiple babies. There is no need to feel lost or overwhelmed at the prospect of expecting more than one as this website will assist in preparation of your multiple arrivals.

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#### Contact details

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Website: [www.samultiplebirth.co.za](http://www.samultiplebirth.co.za)

Facebook:  
<https://www.facebook.com/groups/117728894946624/>

### Milk Matters

Milk Matters is a Cape Town-based charity organisation that collects and supplies breast milk to babies whose mothers are unable to breastfeed them. They aim to give babies the best start in life and they also provide breastfeeding information.

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#### Contact details

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Telephone: 021 659 5599/ 082 895 8004

Website: [www.milkatters.org](http://www.milkatters.org)



## Contact us

Should you require further information, please do not hesitate to contact us on 0800 BANKMED (0800 226 5633).

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