

A woman with long brown hair, wearing a white t-shirt, is breastfeeding her baby. The baby is lying on its stomach, wearing a white onesie and a white diaper. The woman is looking down at the baby with a gentle expression. The background is white with purple decorative elements: a large purple circle on the left, a purple arc at the top, and several purple outlines of circles and ovals at the bottom.

BREASTFEEDING SUPPORT INFORMATION

R O S C O M M O N

Roscommon Breastfeeding Support Groups

Where	When	Who
ROSCOMMON Breastfeeding Support Group The Quad Youth Centre F42 CH70	2nd & 4th Thursday of each month 11.30am to 13.00	Ciara Bohan Lactation Consultant 087 3458234
ROSCOMMON Friends of Breastfeeding Mum 2 Mum Breastfeeding Support Roscommon County Library F42 RP49	3rd Saturday of each month 10.30am to 12.00	Emma Mc Cready 086 1601772
BALLAGHADERREEN Family Resource Centre F45 EK13 Ph: 094 9860767	1st Thursday of each month 11.30am to 13.00	Ciara Bohan Lactation Consultant 087 3458234
MONKSLAND Breastfeeding Support Group Primary Care N37 F670	3rd Thursday of each month 11.30am to 13.00	Ciara Bohan Lactation Consultant 087 3458234
BOYLE Breastfeeding Support Group Family Resource Centre, F52 H674	Last Friday of each month 10.00am to 11.30	Boyle FRC 071 9663000 Contact FRC to join WhatsApp group

Cuidiú
Breastfeeding Counsellors
for further support.



[Breastfeeding Counsellors - Contact Details | cuidiu.com | Cuidiú](#)

La Leche League
Find Local Breastfeeding
Support Group - La Leche



[Find Local Breastfeeding Support Group - La Leche](#)

Friends of Breastfeeding
"Request A Buddy"



[Friends of Breastfeeding - "Request A Buddy"](#)



FSS an Iarthair agus an Iarthuaiscirt
HSE West and North West

**ASK THE
EXPERT**



Local Lactation Consultant



Community Lactation Consultant Service:

Ciara Bohan, PHN, RM,
CNM2 Lactation Consultant
Strokestown PCCC
F42 F295



087 3458234



lc.roscommon@hse.ie



We Provide:



- ✓ Antenatal consultations
- ✓ Virtual appointments
- ✓ Phone consultations
- ✓ Face-to-face breastfeeding consultation
- ✓ Facilitate breastfeeding support groups
- ✓ Breast pump loan if indicated



We're Breastfeeding Friendly Roscommon

We're Breastfeeding Friendly aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities.

By being Breastfeeding friendly, this means that breastfeeding mums are welcomed and supported to feed their little ones on site.

A number of businesses, services and organisations have already signed up to this initiative in Roscommon.

They can be identified by the list below and also by a We're Breastfeeding Friendly Roscommon window sticker which is displayed in a window/door on their premises.



We're Breastfeeding Friendly Roscommon Businesses:

Roscommon Businesses:

- ✓ Abbey Hotel
- ✓ Molloy's Bakery
- ✓ Gleeson's Guesthouse
- ✓ Peppermill Restaurant
- ✓ The Pantry Café
- ✓ Rogue & Co
- ✓ The Comfy Café
- ✓ Esquires
- ✓ Feast Café
- ✓ Roscommon Primary Care Centre
- ✓ Foroige – The Quad
- ✓ South Roscommon FRC
- ✓ Vita House
- ✓ Roscommon Leisure Centre
- ✓ Roscommon Library
- ✓ Roscommon Arts Centre
- ✓ Roscommon County Council

**Primary Care Centres in Boyle and Castlerea both offer a private, designated feeding room, with changing facilities and space for additional children.
Opening times are Monday – Friday, 9am – 4.30pm.*

Castlerea Businesses:

- ✓ Primary Care Centre*
- ✓ Castlerea FRC
- ✓ Benny's Deli
- ✓ The Hub
- ✓ Josie's Café

Monksland Businesses:

- ✓ Monksland Pharmacy
- ✓ Cunninghams Pharmacy
- ✓ Kellys Café
- ✓ Savoury Fare Restaurant
- ✓ Athlone Springs Hotel
- ✓ Primary Care Centre

Boyle Businesses:

- ✓ Lovage at the Gate Lodge Café
- ✓ Kinghouse Tearooms
- ✓ The Bazaar Coffee Shop
- ✓ Boyle Library
- ✓ Boyle FRC
- ✓ Boyle Primary Care Centre*
- ✓ Lough Key Forest & Activity Park

National Breastfeeding Support

Helpful resources for every stage of your feeding journey



Breastfeeding

Guidance, reassurance and practical support.

[Breastfeeding](#)



Breastfeeding Education Videos by IABLE

Learn through clear, expert-led video resources.

[Breastfeeding Education Videos by IABLE](#)



Latching On

Explore positioning and latch support.

[Latching On](#)

National Breastfeeding Week

National Breastfeeding Week takes place during the **1st week of October** every year in Ireland. This week is marked by hosting a local breastfeeding event in Roscommon County. The purpose of this event is to acknowledge and celebrate breastfeeding mums and their babies.

2026 EVENT:



The poster features a decorative border at the top with alternating stylized flowers and mushrooms. The main text is centered on a dark green background. Below the title, the event details are listed. Two small photographs of mothers breastfeeding their babies are placed on either side of the central text. At the bottom, there are logos for various organizations and a decorative border with stylized flowers and circles.

National Breastfeeding Week 2026

Roscommon Event

Where: Roscommon Arts Centre
When: 6th October @ 11am – 1pm

A celebration of breastfeeding mums and their babies

**Free Humming birds Session
Refreshments
Information & Support**

“Every Step Forward - strengthening supports for babies and families”

Logos at the bottom include: hse, hi, CYPSC, Tusla, and others.