

# Feeding resources for mothers

**This leaflet provides families with a resource list for feeding support. If you are unsure about anything then please speak to your midwife.**

**Due to the current circumstances, we regret that the usual feeding support centres in our area are closed for the time being. Check our infant feeding webpage and Facebook page [www.facebook.com/RBFTMaternity](https://www.facebook.com/RBFTMaternity) for the most current information.**

There has never been a more important time to breastfeed or provide breastmilk for your baby than now, as the unique properties will help build your baby's immune system. Some women who had not previously thought about breastfeeding are now doing so, and some are expressing their milk for their baby. Other women are deciding to feed for longer than they had originally thought to do so or to resume breastfeeding. Where you have challenges, aim to maximise your supply by expressing where you can, as even partial breastmilk giving affords health advantages to your baby. Take a look at the 'Human Milk, Tailor-made for Tiny Humans' video to see how special and unique your breastmilk is <https://www.youtube.com/watch?v=2adrIKweZTE>

If you have (or have had) the Covid-19 virus, current information is to keep feeding your baby. Practical information from Unicef is available here: [www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/](http://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/)

**Why not use this time to stay close to your baby, enjoy extended skin-to-skin contact and get to know one another?**

<p><b>National Breastfeeding Helpline:</b> 0300 100 0212 from 9.30am to 9.30pm, 7 days a week. Live online support via web chat: <a href="https://bit.ly/NBHChat">bit.ly/NBHChat</a> (<a href="https://www.facebook.com/nationalbreastfeedinghelpline">www.facebook.com/nationalbreastfeedinghelpline</a>)</p>	<p><b>NCT Support:</b> Tel 0300 330 0700 8am-midnight every day, including bank holidays <a href="https://www.facebook.com/groups/210195630045722/?ref=share">www.facebook.com/groups/210195630045722/?ref=share</a> <a href="https://www.facebook.com/ReadingWokinghamBFPS/">www.facebook.com/ReadingWokinghamBFPS/</a> Message the local page: an NCT supporter can arrange a virtual chat If anyone doesn't use Facebook, email: <a href="mailto:parentsupport.reading@nct.org.uk">parentsupport.reading@nct.org.uk</a></p>
<p><b>For Wokingham women only:</b> <a href="https://www.facebook.com/Breastfeeding-Network-Wokingham-area-100975088232671/">www.facebook.com/Breastfeeding-Network-Wokingham-area-100975088232671/</a> –request a video call by messaging the Facebook page, or a phone call by emailing <a href="mailto:wokingham@breastfeedingnetwork.org.uk">wokingham@breastfeedingnetwork.org.uk</a>.</p>	<p><b>For West Berks women only:</b> <a href="https://www.facebook.com/West-Berkshire-Community-Breastfeeding-Support-163676450989660/">www.facebook.com/West-Berkshire-Community-Breastfeeding-Support-163676450989660/</a> Jo Roberts and her team hold regular breastfeeding support zooms Thursday afternoons <a href="https://www.facebook.com/events/369517110686927/">www.facebook.com/events/369517110686927/</a></p>
<p><b>Twins Trust:</b> 0800 138 0509 Monday-Friday 10am-1pm and 7pm-10pm</p>	<p><b>Association of Breastfeeding Mothers:</b> 0300 330 5453 9.30am-10.30pm every day of the year.</p>
<p><b>Extensive feeding resources</b> video clips etc. available at <a href="http://www.babyfriendly.org.uk">www.babyfriendly.org.uk</a></p>	<p><b>Global Health Media available in multiple languages:</b> Attaching and expressing: <a href="https://www.youtube.com/watch?v=wjt-Ashodw8">www.youtube.com/watch?v=wjt-Ashodw8</a> and <a href="https://www.youtube.com/watch?v=85l3rpsjyC4">www.youtube.com/watch?v=85l3rpsjyC4</a></p>

<p><b>Information on infant formula</b> available at: <a href="http://www.firststepsnutrition.org/parents-carers">www.firststepsnutrition.org/parents-carers</a></p>	<p><b>Information for parents on bottle feeding:</b>  <a href="http://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/">www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/</a></p>
<p><b>*Breast and bottle feeding resources available:</b>  <a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/</a></p>	
<p><b>Other evidence-based websites (good for boosting supply and if you are thinking of resuming breastfeeding)</b>  <a href="#">Breastfeeding Berkshire</a> also on Facebook at <a href="http://www.facebook.com/groups/BreastfeedingBerkshire">www.facebook.com/groups/BreastfeedingBerkshire</a>  <a href="#">Association of Breastfeeding Mothers (ABM)</a>, <a href="#">Breastfeeding Network (BFN) – domperidone and breastfeeding</a>, (BFN) – increasing milk supply, (BFN) – anxiety and breastfeeding, <a href="#">Kelly Mom</a>, <a href="#">La Leche League (LLL)</a> – formula supplements, (LLL) – at breast supplementers</p>	

## Key points

- Keep your baby close – respond to your baby’s needs for food, love and comfort.
- Meeting your baby’s needs will help meet your emotional needs too.
- Express by hand and pump after feeds to encourage your supply.
- Have more skin contact when you feed.
- Monitor your baby’s wellbeing by checking for heavy, wet and dirty nappies and how content baby seems each day.
- Using formula – use any brand make sure it’s ‘First milk’.
- Families in receipt of Universal Credit are entitled to Healthy Start vouchers.
- You will still receive home visiting and telephone support from the community midwifery teams and health visitors have resumed home visits
- Tongue-tie service has resumed: Referrals from your community midwife, health visitor or GP only.

## Acknowledgements

- Adapted from Royal College of Obstetricians & Gynaecologist (April, 2020) Coronavirus infection and pregnancy [Online] Available at: [www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/](http://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/)
- [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk) <https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/>
- Public Health England [www.gov.uk/government/publications/covid-19-stay-at-home-guidance](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)
- Royal Berkshire RBFT Maternity Facebook page [www.facebook.com/RBFTMaternity](http://www.facebook.com/RBFTMaternity)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Please ask if you need this information in another language or format.

C Carter (Infant Feeding RM), August 2020. Amended October 2021

Next review due: August 2022

Compassionate

Aspirational

Resourceful

Excellent