# Infant Feeding Team

## Newham Baby Feeding Helpline 7 days 07534 249611

**Breast milk is tailor-made for your baby** and boosts your baby's ability to fight illness and infection. Just breastmilk for the first 6 months is recommended, then breastmilk alongside solid foods up to and beyond 2 years. If not possible, a first stage formula is recommended. Any brand is fine as they are all very similar, supermarket own-brand is just as good.

**Responsive feeding** is recommended for all babies, to promote emotional well-being for parents and babies and boost baby's brain development.



**Newham Infant Feeding Team:**

Skilled and friendly support with breastfeeding, bottle feeding and mixed feeding, starting solids, breastfeeding in public, returning to work and lots more. We're here to help you to reach your own goals.

**7 days**: Call or text 07534 249611 or baby.feeding@newham.gov.uk, or QR scan for referral here:

newham.gov.uk/babyfeeding

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WE ARE NEWHAM.

# Getting ready to feed your baby

**From 28 weeks of pregnancy: Book your antenatal workshop, meet the Infant Feeding Team and learn important tips to help make feeding your baby easier. Scan the QR code to book on Eventbrite.**

**What's covered:**

- why breastfeeding matters and how to get started
- the importance of skin to skin
- when to feed your baby and how to tell they're getting enough milk
- where to get help and support
- mixed feeding and expressing
- when to start solid foods
- breastfeeding out and about

# Baby Feeding Cafes

**Come along for a cuppa and snacks, meet other parents and get skilled support with feeding your little one. Our Infant Feeding Team are here to help you. If you need a translator, contact the Helpline first. Arrive early if you need support.**



**Mondays** 10am - 11.30am: Rebecca Cheetham Children's Centre

**Tuesdays** 1.30pm - 3pm Online

**Wednesdays** 1pm - 2.30pm: East Ham Library

**Thursdays** 12.00 midday - 1.30pm: Manor Park Community Children's Centre

**Fridays** 10am - 11.30am: Shipman Youth Zone

**Every day: Newham Baby Feeding Helpline on 07534 249 611**

# Milk for six months

For the first six months of their life, babies grow best if fed just breast milk (or a first stage formula - any brand). Nothing else is needed until they are six months old when solid foods should be slowly introduced.

Breast milk is perfect nutrition and is tailor-made just for your baby, contains vitamins and minerals and is always available.

From around 6 months babies are ready for nutritous family foods to complement their usual milk.  How babies are offered solid foods, and which foods are given matters for eating skills, life-long healthy weight and well-being.

Your Health Visitors and the Infant Feeding Team are here to support you.

# Book your Starting Solids Workshop

Book your fun, interactive **Starting Solids Workshop** when baby is four to six months old, to learn about which foods to offer your baby, how to know baby is ready, how much to offer,  which drinks to give, what equipment you might need and safety concerns.






## Dads matter

DadPad helps new dads feel more confident and involved by providing practical advice and essential information. It supports fathers to play an active role in caring for their baby and working alongside the baby's mum as an engaged co-parent. Follow the QR code:

**Baby Feeding Helpline: 07534 249 611**
**Baby.feeding@newham.gov.uk**

## More support with feeding your baby:

**Health Visiting Service** (Newham 0-19 Childrens Health Service)
Monday - Friday 9am - 5pm
020 3373 9983
CHIS@newham.gov.uk

**Early Start Nutrition**
To help you and your family stay healthy. Whether it's recipe ideas or answers to your nutrition questions, webinars and courses, you can rely on our team of expert Registered Nutritionists to help:
https://earlystartnutrition.com/family-nutrition/

**Newham NCT Voluntary Infant Feeding Peer Supporters**
NCT trained local parents offering support alongside the Infant Feeding Team at Baby Feeding Cafes and other local drop-ins.
https://newhaminfantfeeding.nct.org.uk/

UNICEF UK Baby Friendly Initiative
www.unicef.org.uk/babyfriendly/

Start4Life www.nhs.uk/start4life

First Steps Nutrition
www.firststepsnutrition.org/

National Breastfeeding Helpline
0300 100 0212 (24 hours, 7 days)

ABM 0300 330 5453 (9.30am -10.30pm)

BfN with Bengali / Sylheti supporters 0300 456 2421 (9.30am – 9.30pm)

La Leche League 0345 120 2918

NCT 0300 330 0700 (8am – 12 midnight)