

Baby feeding support during coronavirus

- 1) CARRY ON BREASTFEEDING**
- 2) WASH HANDS MORE FREQUENTLY**
- 3) ASK FOR HELP IF NEEDED**

Breastfeeding - as well as perfect nutrition, breastmilk contains immunological support against viruses. Speak to your midwife or health visitor for practical information to support you to establish breastfeeding, and if needed, increase and protect your milk supply.

We have moved our support groups online, and added additional 1-1 support to help new families during Coronavirus. Your midwife and health visitor will support you with feeding your baby; if you're pregnant, helping you prepare for feeding your baby.

Newham Health Visiting

healthvisiting@newham.gov.uk 020 3373 9983

NEW – ADDITIONAL 1-1 BABY FEEDING SUPPORT

telephone, text or videocall
call or text **07534249611** for a call back

Baby feeding online group support

Tuesdays 2.00pm – [Zoom Meeting](#): 487 031 157 Password: 4adb0f

Thursdays 10.00am – see [Newham NCT Facebook](#)

Reliable infant feeding information

'[Feeding your baby](#)' section of [Newham 0-19 Children's Health website](#), for helpful videos and links.

Baby feeding helplines

[National Breastfeeding Helpline](#) 0300 100 0212 9.30am – 9.30pm
[BfN Supporterline – Bengali / Sylheti](#) 0300 456 2421 9.30am – 9.30pm
[La Lech League](#) 0345 120 2918
[NCT](#) 0300 330 0700 8.00am – 12.00 midnight

London Borough of Newham 22/05/2020

Follow current [NHS 111 online](#) advice for coronavirus. If you are pregnant or breastfeeding, please see the latest information from Unicef UK Baby Friendly Initiative

<https://www.unicef.org.uk/babyfriendly/about/statements/> and the RCOG:

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>

FEEDING YOUR BABY DURING CORONAVIRUS

- **PROTECT ALL BREASTFEEDING**
- **INCREASE MILK SUPPLY IF MIXED FEEDING**
- **SAFE FORMULA FEEDING ONLY WHERE NECESSARY**

Especially during this crisis, the protective immune factors from breastfeeding are even more important for infant health, and crucially for minimising impact on acute NHS services. Breastfeeding is optimal nutrition, sustainable, and conveys precious immunological factors for infants.

Exclusive breastfeeding - Support mothers to get breastfeeding off to a good start.

Mixed feeding - support mothers to **INCREASE MILK SUPPLY** and reduce need for formula.

Bottle feeding – explore when breastfeeding ended, signpost to support and information to re-lactate. Signpost to guidance for cleaning, sterilising, and paced feeding.

Reliable infant feeding information

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PROTECT BABIES

PROTECT THE NHS

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