

# University Hospital Southampton

## Infant feeding support information

Infant Feeding  
Last updated: 25th March 2020

We apologise that at this time we will not be offering antenatal breastfeeding classes or breastfeeding support groups. We have compiled some useful websites to help you become familiar with infant feeding information and please also talk to your midwife or health visitor for further information.

However you feed your baby, it is important you receive good clear information to help you feel confident and reassure you that the feeding is going well.

Research shows that breastfeeding provides many benefits for babies and mothers, and there is a wealth of evidence that breastfeeding reduces the risk of babies developing infectious diseases.

<https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/>

If you feel like you need extra support or information, whether breast or bottle feeding your baby please visit the hospital website:

UHS feeding your baby: <https://www.uhs.nhs.uk/OurServices/Maternityservices/Feeding-your-baby/Feedingyourbaby.aspx>

Whether you choose to breast, bottle or mix feed your baby, please access this link: [Healthy Feeding Healthy Weight booklet](#) for more information.

To find out more about feeding your baby and antenatal hand expressing please visit the links below.

### **Antenatal hand expressing**

Have you thought about collecting your breast milk when you are pregnant so you have some stored for when your baby arrives? For more information to do this safely and when please speak to your midwife and click on the link below:

<https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Pregnancyandbirth/Harvesting-colostrum-for-your-baby-maternity-information.pdf>

**This link to an article from the Royal College of Obstetricians and Gynaecologists – Coronavirus (COVID-19) Infection in Pregnancy may be helpful.**

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

**Q24. Will I be able to breastfeed my baby if I have suspected or confirmed coronavirus?**

Yes. There is no evidence showing that the virus can be carried in breastmilk, the well-recognised benefits of breastfeeding outweigh any potential risks of transmission of coronavirus through breastmilk.

The main risk of breastfeeding is close contact between you and your baby, as you may share infective airborne droplets, leading to infection of the baby after birth. A discussion about the risks and benefits of breastfeeding should take place between you and your family and your maternity team.

This guidance may change as knowledge evolves.

If you choose to breastfeed your baby, the following precautions are recommended:

- Wash your hands before touching your baby, breast pump or bottles
- Try to avoid coughing or sneezing on your baby while feeding at the breast
- Consider wearing a face mask while breastfeeding, if available
- Follow recommendations for pump cleaning after each use
- Consider asking someone who is well to feed your expressed breast milk to your baby.

If you choose to feed your baby with formula or expressed milk, it is recommended that you follow strict adherence to [sterilisation guidelines](#). If you are expressing breast milk in hospital, a dedicated breast pump should be used.

### Useful links to support you with feeding your baby

For an informative video from Best Beginnings on Vimeo:

[From Bump to Breastfeeding: Graphic of a Baby Attaching on the Breast](#)

**Healthier Together**      <https://what0-18.nhs.uk/>

**Baby Friendly Initiative**      <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/>  
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/best-beginnings-videos/>

**Breastfeeding Network**      <https://www.breastfeedingnetwork.org.uk/>

**La Leche League**      <https://www.laleche.org.uk/>

**ABM**      <https://abm.me.uk/>

**NCT**      <https://www.nct.org.uk/baby-toddler/feeding>

**NCT Coronavirus information**      <https://www.nct.org.uk/baby-toddler/coronavirus-and-your-baby>

**Best Beginnings**      <https://www.bestbeginnings.org.uk/Pages/Category/resources>

**Baby Buddy**      <https://web.bestbeginnings.org.uk/web/lets-get-started>

**Dad pad**      <https://thedadpad.co.uk/>

**Global Health Media**      <https://globalhealthmedia.org/videos/breastfeeding/>

**National Breastfeeding Helpline**      **0300 100 0212**

**Breastfeeding Babes group at Bursledon \* independent of PAH** run a Virtual BF Group Thursday 1pm to 2.30pm (sadly the cake is virtual too!). Debbie and I are happy to do virtual breastfeeding support. Families can either email us [mail@breastfeedingbabes.info](mailto:mail@breastfeedingbabes.info) or Tel. 07799883514 (me) Tel. 07889059833 (Debbie). Look after yourself and your family.

## Off To The Best Start

[www.lcgb.org](http://www.lcgb.org)

[www.kellymom.com](http://www.kellymom.com)

## Health Visiting Services

**Southern Health** <https://www.southernhealth.nhs.uk/services/child-health-services/health-visiting/>

<http://www.hampshirehealthyfamilies.org.uk/>

## Breastfeeding and Bottle feeding information in different languages:

### Breastfeeding information in different languages

See below a link to Baby Friendly Initiative information sheet to help guide you through the basics of breastfeeding, including how to know if your baby is getting enough breast milk.

[Baby Friendly Initiative Breastfeeding Information - English language](#)

[Baby Friendly Initiative Breastfeeding information - Arabic language](#)

[Baby Friendly Initiative Breastfeeding Information - Bengali language](#)

[Baby Friendly Initiative Breastfeeding information - Hindi language](#)

[Baby Friendly Initiative Breastfeeding Information - Lithuanian language](#)

[Baby Friendly Initiative Breastfeeding Information - Mandarin language](#)

[Baby Friendly Initiative Breastfeeding Information - Polish language](#)

[Baby Friendly Initiative Breastfeeding Information - Romanian language](#)

[Baby Friendly Initiative Breastfeeding Information - Slovak language](#)

[Baby Friendly Initiative Breastfeeding Information -Turkish language](#)

[Baby Friendly Initiative Breastfeeding Information - Urdu](#)

### Bottle feeding information in different languages

See below a link to Baby Friendly Initiative information sheet if you wish to bottle feed your baby, to help guide you to do this as safely as possible, whether it is your expressed breast milk or formula milk.

[Baby Friendly Initiative Bottle Feeding Information - English language](#)

[Baby Friendly Initiative Bottle Feeding Information - Arabic language](#)

[Baby Friendly Initiative Bottle Feeding Information - Bengali language](#)

[Baby Friendly Initiative Bottle Feeding Information - Hindi language](#)

[Baby Friendly Initiative Bottle Feeding Information- Lithuanian language](#)

[Baby Friendly Initiative Bottle Feeding Information - Mandarin language](#)

[Baby Friendly Initiative Bottle Feeding Information - Polish language](#)

[Baby Friendly Initiative Bottle Feeding Information - Romanian language](#)

[Baby Friendly Initiative Bottle Feeding Information - Slovak language](#)

[Baby Friendly Initiative Bottle Feeding Information - Turkish language](#)

[Baby Friendly Initiative Bottle Feeding Information - Urdu language](#)

**Other information:****Vitamin D**

Please follow the link below for guidance regarding vitamin D for yourself, baby and family.

[Vitamin D](#)

**Healthy Start Vitamins**

Please follow the link below for information on healthy start vitamins.

<https://www.healthystart.nhs.uk/>

**Safe Sleep Guidance**

Please follow the links below for information on safe sleep.

[www.lullabytrust.org.uk/](http://www.lullabytrust.org.uk/)

[www.unicef.org.uk/babyfriendly/new-resources-safer-sleep-week/](http://www.unicef.org.uk/babyfriendly/new-resources-safer-sleep-week/)

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