

Parent information factsheet

Breastfeeding support during COVID-19

During this time, we will not be offering face-to-face antenatal classes or breastfeeding support groups. This factsheet explains where you can find information and support with feeding your baby.

Before your baby is born

- Please read our information factsheet about colostrum harvesting (antenatal expressing), which is available to download from the maternity information page of our website (see below).
- We are running virtual infant feeding workshops with our midwife Clare Godden. If you would like to attend, please send a text or leave a message for Mel Weeks on **07825 928208** or email: melanie.weeks@uhs.nhs.uk
- For a free online breastfeeding course and for all other breastfeeding support, please visit the infant feeding page of our website (see below).

Once your baby arrives

Breastfeeding support

The infant feeding team is here to support you on a one-to-one basis alongside midwives and midwifery support workers. They will be available on the wards while you are in hospital or virtually in the community. They will help you get off to the best start with your infant feeding journey.

For breastfeeding support at home you can:

- call the community midwifery team on **02380 747693**
- call the Breastfeeding Babes infant feeding team on **07786 267584**
- visit the infant feeding page of our website for information on breastfeeding and bottle feeding (see below).

The golden hour

It is important for all babies to have skin to skin contact for at least an hour or until the baby has fed, please continue skin to skin as often and as long as possible to assist with feeding, bonding and building baby's immunity.

Tongue-tie clinics

The tongue-tie clinics will continue for babies who are struggling to gain weight and mothers who are struggling to breastfeed. Appointments will only be offered after virtual support has been offered and the problems have not been resolved.

Breastfeeding and COVID-19

There is no evidence that the virus can be carried in breastmilk. The well-recognised benefits

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of breastfeeding outweigh any potential risks. For further information, please visit: www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/

Any mother with suspected or confirmed symptoms of Covid-19 should wear a facemask when in close contact with her baby to minimise the risk of transmission.

This will all be discussed with you if and when necessary. If you need masks please ask the midwifery team. If you need face-to-face support from the midwifery team during this time, they will wear appropriate PPE and will offer you a mask to wear.

Useful links

UHS website, infant feeding page: www.uhs.nhs.uk/OurServices/Maternityservices/Feeding-your-baby/Feedingyourbaby.aspx

UHS website, maternity information page: www.uhs.nhs.uk/OurServices/Maternityservices/Your-pregnancy/Maternity-and-parent-information/Patient-information-leaflets.aspx

Breastfeeding charities

The breastfeeding charities such as National Childbirth Trust, La Leche League, Breastfeeding Network, Association of Breastfeeding Mothers and The National Breastfeeding Helpline (available 9.30am to 9.30pm) are all offering extra support at this time.

You can find links to these charities and other information on the UHS website here: www.uhs.nhs.uk/OurServices/Maternityservices/

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalneeds